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THE PORTUGAL News

Portugal's **National** Newspaper in English

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Our next edition

The next edition of The Portugal News, with a review of the news in Portugal in 2009, will be on 9th January 2010

Taxman gains access to accounts of suspects' families

Parliament has approved a law decree proposal presented by the Community Party (PCP) whereby tax inspectors will be given greater powers to access bank accounts during tax fraud investigations. (See Page 3)

Electricity bills to increase by 2.9%

The charges for electricity are going to rise by 2.9 percent in 2010 in mainland Portugal, the equivalent of a €3 increase for an average bill of €40. (See Page 4)

Thousands awaiting transplants

Dying whilst waiting for a transplant is still a reality in Portugal, where the waiting list now counts more than 3,000 patients and available organs or willing donors are not nearly enough. (See Page 5)

Same sex marriages set to be approved before 2010

The Portuguese government were planning to present a law decree proposal to Parliament paving the way for same sex marriages by the end of this year, a senior minister said. (See Page 5)

Faro among top priority areas for increased GNR presence

The GNR will be giving top priority to Faro, Setúbal and Lisbon, for the placement of their 944 recently graduated officers. (See Page 7)

Christmas road campaign in force

The National Road Safety Authority has begun its Christmas campaign in order to alert and inform drivers of the dangers of speeding and drink driving. (See Page 8)

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Portugal looks forward to a Happy New Year with a surge in December reservations

PACKED PORTUGAL PARTIES

Full story, see p. 2



Merry Christmas & a Happy New Year
to All our Readers

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Packed Portugal parties



After a year of dwindling tourism figures, which in comparison to last year's appeared to successively fall short of the mark, it now appears the country may finally have something to celebrate as hotels and resorts across Portugal are boasting near sell-outs for their Christmas and New Year events, some resorts even boasting full houses for the festive period – and most without dropping their prices.

The President of the Portuguese Travel Agency and Tourism Association (APAVT) said recently that while the effects of the crisis are still apparent, there has been positive growth regarding reservations for the festive season.

João Passos explained that despite a drop in revenue generated by the tourist sector this year, there has been an expressed surge in interest on behalf of tourists looking to spend Christmas and New Year in Portugal. There has also been healthy interest from Portuguese nationals looking to travel abroad for this period.

"We have noted an increase in reservations for travel over Christmas and New Year and many destinations are sold out" he said.

Two of the Algarve's most prominent resorts, the exclusive five-star Vila Vita Parc (Armação de Pêra) and the Marriott's Vila Sol Renaissance SPA & Golf both said reservations for the Christmas period were looking good, and their New Year's events were "nearly sold out".

Raquel Abrantes, marketing coordinator for Vila Sol said "we receive new reservations practically every day and the New Year's Eve event is also nearly sold out".

She said the majority of reservations and information requests came from national citizens and local residents.

A spokesperson for Vila Vita Parc also told *The Portugal*

News, "We are almost fully booked for New Year's eve. "Christmas is unusually much slower as people tend to stay at home, but we are still faring very well considering the time of year".

In Lisbon, the Estoril Eden says it has not noticed any difference in the amount of reservations from last year, and say they have not raised or lowered their prices.

Abroad, Cape Verde, Brazil and Cuba are Portugal's destinations of choice, while within Portugal the Algarve, Douro and Oporto are most in demand.

APAVT's João Passos reasoned that, irrespective of the "peaks" in seasonal reservations, as happened over Easter, "it does not mean that these peaks will save the year".

He acknowledged that "in reality there has been a drop in the tourism sector", which is currently, in his opinion, "going through enormous turbulence", with overall losses in activity of between "10 and 20 percent", which translates into an estimated monetary value of between €1.59 and €3.18 million.

According to the National Statistics Institute (INE) Portuguese hotel revenues fell 9.5 percent in October from a year earlier, even though the total number of tourists edged up slightly, mainly thanks to more local travel as well as a significant rise in the number of Spanish visiting the region.

In October this year there was a 34.7 percent rise in the number

of Spanish spending a night or two in Portugal, in comparison to the same month of 2008. The amount of French tourists also grew by 3.3 percent on last year's October figures.

The INE said hotel revenues in October dropped to €153.4 million (\$224.6 million) as hotels relied on discounts to attract visitors during the global downturn despite the total number of tourists who stayed in Portuguese hotels in October having risen one percent, but were still fewer than those registered the previous year.

Overall, since January, Portugal's hotels industry has suffered a rather positive global loss of 3.6 percent in guests and 6.6 percent in occupancy figures, especially when compared with other mainstream destinations.

Nevertheless, according to the head of APAVT, predictions are that the tourism sector will pick up during the second quarter of 2010, though he refuted the idea of increasing tourist taxes within the industry to compensate the loss in revenue.

"I am convinced that, if it does not happen in the first three months of 2010, during the second quarter of the year we will start to see a positive reaction".

Regarding the possibility of increasing or introducing more taxes within the sector, João Passos said it was "unthinkable".

He further denied that tourism had been negatively affected by the rise in unemployment, though acknowledged jobs within

the sector had been lost with the closing of businesses.

Comparing Portugal to Spain, where taxes are lower, João Passos said: "If we raise our taxes we will either start to lose out or open the door to the competition".

Meanwhile, the surge in interest for winter-sun destinations over the Christmas period has been confirmed by accommodation-only specialist website Youtravel.com.

It claimed pent-up demand for early winter season holidays has led to an increase of more than 50% in bookings in November, against the same month last year, with the Algarve amongst the top ten selling destinations which also include Sharm el Sheikh, Gran Canaria, Tenerife, Lanzarote, Costa Blanca, Fuerteventura, Costa del Sol, Hurgada and Costa Brava.

Sales and marketing director Paul Riches said: "The terrible weather in the UK and postponed summer holiday plans have driven people to think about getting away for some early winter sun."

"The fact that the winter flight availability has improved so much compared to this time last year has also boosted bookings."

Paul Riches added that eurozone resorts were holding their own against those outside the zone such as Egypt as European resorts had made prices more competitive, and bars and restaurants were being forced to compete with all-inclusive hotels.

EU's guide to trouble free and safe winter holiday travel

The European Commission has launched a public consultation on the future of air passenger rights and released a top 12 list of recommendations to guarantee travellers a safe and problem-free journey this Christmas.

Vice-President Antonio Tajani, Commissioner in charge of transport, has also announced details of a European-wide publicity campaign to make citizens aware of their passenger rights.

"As millions of Europeans prepare to travel during the festive season, they can be reassured that the EU is doing all it can to take the sting out of travelling", said the Commissioner.

"The introduction of passenger rights for transport modes such as aviation and rail is another example of how the Union makes a difference to the everyday life of our citizens. This is why I am proud to be announcing that we will be launching an EU-wide publicity campaign to make clear to people what rights they enjoy as passengers under European legislation, while at the same time opening a public consultation to give everybody the opportunity to express their views on both what has been achieved, and what can still be done, on air passenger rights when something goes wrong regarding their flight", said Vice-President Tajani.

Air and rail passengers already enjoy rights guaranteed by European legislation, while other transport modes are set to follow. The Commission has already presented proposals to protect the rights of people travelling by water or by bus or coach, which could be adopted as early as next year.

As not all people are yet fully aware of all the rights they enjoy as passenger under European legislation, a publicity campaign will run in 2010 and 2011.

Apart from a special website in all of the EU's official languages, there will also be video clips, posters and publications to be used in major transport hubs such as airports and train stations, while there will also be a dedicated stand at international travel fairs. A budget of €1 million is earmarked for this campaign.

In the meantime, the EU has released its top 12 list of recommendations for travellers this Christmas:

1. If you travel by air and you are denied boarding, or if your flight is cancelled without notice or is subject to a more than five hour delay, ask for reimbursement or rerouting.
2. You also have the right to assistance and, in some cases, to a monetary compensation in case of cancellation or a delay

exceeding 3 hours. In all cases the company has to inform you about your rights on the spot, when an incident occurs.

3. If your luggage gets lost or damaged, you have the right to a reimbursement of up to €1,223 when you take the plane.

4. When you book your flight ticket online, remember that the final price must be clearly indicated on the first page.

5. When you check in at the airport, only take small quantities of liquids in your hand luggage (a maximum of 100 millilitres is permitted per container, which includes creams, powder and mousse). The total amount of liquids per person cannot exceed one litre.

6. If you are planning to travel by aeroplane outside Europe, check the black list of airlines banned in the European Union before buying your ticket.

7. If you are a passenger with disabilities or reduced mobility, you will be granted non discriminatory access conditions if you decide to travel by air or by cross-border train within the European Union. You have the right to free assistance before, during and after the flight, when travelling by air; to free assistance at the station and on board, when travelling by train. Inform your air carrier at least 48 hours in advance if you require such

assistance.

8. When you travel by cross-border train within the European Union you are entitled to reimbursement (or rerouting) and compensation, plus assistance, in case of cancellation or delay at departure or at arrival of more than 1 hour. You will also enjoy adequate information before and during the journey.

9. If your luggage gets damaged during cross-border rail travel within the European Union, you are entitled to compensation of up to €1,300. In case of accidents during the journey, you are entitled to advance payments and compensation for you or for your family.

10. If you are not satisfied with your cross-border rail journey within the European Union, keep in mind that each railway company has to communicate to you the contact detail of the complaint handling body, which will answer to your complaint within one month.

11. When you buy a travel package, always make sure that both the price and all relevant information are clearly indicated.
12. Keep in mind that one out of four road accidents can be attributed to excessive alcohol or drug consumption. Don't drive if you are under the influence of alcohol or drugs!

Taxman gains access to accounts of suspects' families



Parliament has approved a law decree proposal presented by the Communist Party (PCP) whereby tax inspectors will be given greater powers to access bank accounts during tax fraud investigations.

According to the new legislation, the taxman will now be able to enter the bank accounts of family members of those being investigated for tax evasion.

The law was passed with the favourable votes of the PCP and the Left Bloc, while the ruling Socialist Party and the main opposition Social Democrats abstained.

The law further forces all financial institutions to pass on all earnings and interest obtained from savings accounts held by their clients.

This change in tax legislation follows an unexpected move last week, aimed to keep ailing businesses from closing their doors due to burgeoning tax debts, when the Prime Minister announced that companies will be allowed to repay the taxman over 120 months.

The move to allow companies a decade to repay their taxes was initially greeted with applause, though it became slightly more muted when it was discovered that only companies with debts in excess of 51,000 euros would

qualify for this special dispensation.

Previously, some companies were allowed to negotiate the repayment of their tax debts, though only over periods not exceeding five years, but normally, the taxman has been reluctant to allow for a period greater than 12 months.

However, the Prime Minister has indicated that the measure might only be a temporary one, suggesting it could possibly only apply in 2010, depending on the rate of the economic recovery.

Beleaguered Lopes da Mota resigns Eurojust post

Deputy Attorney-General José Luís Lopes da Mota has resigned as Portugal's representative on Eurojust after being suspended by the country's Public Magistrates Superior Council (CSMP) over allegations of pressuring investigators in a high-profile graft case.

The Justice Ministry said it had accepted Lopes da Mota's resignation from Eurojust, where he was serving as the EU organisation's president, thanking him for his "relevant services".

In a statement, Lopes da Mota reaffirmed his innocence in the so-called graft and influence peddling

Freeport case, saying he was resigning from Eurojust to "defend the interests of the Portuguese state".

His lawyer said he would appeal the CSMP's suspension ruling.

Ongoing investigations into the Freeport affair centre on allegations of graft and influence peddling in the licens-

ing of a British-owned mall in 2002, when Prime Minister José Sócrates was serving as environment minister.

Lopes da Mota has been under investigation on suspicions of having exerted pressure on magistrates investigating the Freeport case. *TPN/Lusa*



Finance Minister Teixeira dos Santos at the ceremony for the signing-in of the new government at Ajuda Palace on 26 October

No date set for introduction of standardized Portuguese spelling

The Orthographic Accord standardising Portuguese spelling will not be implemented in Portugal's schools next year and no date has been set for its introduction, Education Minister Isabel Alçada said.

"We have work to do with our various partners to determine how we'll introduce the Orthographic Accord in the schools",

Alçada said.

The treaty that has been ratified by all eight Portuguese-speaking countries - with the ex-

ception of Angola and Mozambique - allows a six-year period for its implementation.

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High speed train project to create 56,000 jobs

Now is the time to move forward with the high speed train network project in Portugal, according to Prime Minister José Sócrates, who spoke during the signing of the work contract for the first segment of the Lisbon-Madrid high-speed rail link, between Poceirão and Caia.

"The crisis is one more reason to do it. It is at this time that the country needs investments, and job opportunities" said José Sócrates during the formal pro-

cedure in Évora, adding "There are a lot of people looking for a job and many companies waiting for this opportunity."

The signing of the work con-

tract was the first step towards the high-speed rail link between Lisbon and Madrid, and work should commence in 2010, scheduled to be complete by 2013. José

Sócrates reminded people that the project involved several years of studies: "There are a lot of things to do before a project of this magnitude. There are many studies to make, in order to give assurance to the Portuguese that the decisions we make are fundamental for the future of our coun-

try." With this initial stage now concluded, it is time to move forward and carry out the project.

The Prime Minister imposed his stance on the project before critics, saying they "should think Portugal can't take the risk, nor pay the price, of straying even further away from Europe and its

main markets", adding that those who make decisions can eventually be wrong, but those who never make a decision are wrong from the start. The structural projects of the high-speed train link will generate a total of 56,000 permanent jobs in Portugal, according to studies made.



An ICE (R), German high speed train passing a French high speed TGV at Gare de l'Est, in Paris. (Photo: EPA / Horácio Villalobos)

Electricity bills to increase by 2.9%

The charges for electricity are going to rise by 2.9 percent in 2010 in continental Portugal, the equivalent of a €3 increase for an average bill of €40. In Madeira the increase is of 2.5 percent and in the Azores of 2.1 percent.

The 2.9 percent increase of electricity charges in continental Portugal, proposed and accepted by the Rates and Tariffs Board, will represent a €120 million reduction of the country's tariff deficit.

The deciding factors for the increase were not only to reduce electricity consumption, which should happen this year and in 2010 as a result of the economic crisis, but also for the paying off of debts generated by the fixed tariffs of 2009 and due to the devaluation of fossil fuels.

The sector's regulating body also said that the fixed tariffs for electricity are made "taking into account multiple criteria, trying

to find a balance that is of interest to both consumers and companies."

Many consumer associations are part of the Rates and Tariffs Board, such as DECO (Consumers Rights) and FENACOOP (National Federation of Consumer Co-ops), as well as ANMP (National Association of Portuguese Citizens), EDP Distribution and REN (National Electricity Network).

Car scrapping incentive continues, but only until 2010

The Government programme, which has helped boost the sales of new cars by offering money in return for the scrapping of the buyers' old vehicles, will be continuing in 2010, despite a reduction of the maximum monetary return.

The Government's incentive of scrapping old vehicles programme is set to continue in

2010, where new car buyers receive a fee for handing in their old vehicles for scrapping. However, in 2010 the maximum reimbursement will be dropped by 16 percent, from €1,500 to €1,250.

The continuation of the programme still needs approval at Parliament and will be included in the proposed State Budget for 2010.

In November, a total of 8,012 vehicles were destroyed, the highest figure in the last 18 months, according to data from Valorcar, the company in charge of the accounts of the programme. The second semester of this year, without including December, has had 36,322 vehicles sent for scrapping, 11% more than the same period in 2008.

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Thousands awaiting transplants



Dying whilst waiting for a transplant is still a reality in Portugal, where the waiting list now counts more than 3,000 patients and available organs or willing donors are not nearly enough.

Of the 3,000 people on the transplant list, 2,253 are waiting for a kidney. And as the number of people needing new organs grows, the number of donors and available organs falls short of the necessary figures.

So far this year 11 people have died waiting for a transplant.

These figures were released last week by the National Collection Unit for the Blood and Transplant Services' Authority.

Unit coordinator Maria João Aguiar said that this year "of the 45 urgent requests for liver transplants, only 30 were possible. And of the 26 requests for heart transplants, only 13 were possible".

She warned that the number of people needing transplants continues to grow.

Hope, and raising awareness regarding donations, seems to be

"the best way to help" current circumstances.

The first transplant to take place in Portugal was done by Dr. Linhares Furtado in 1969. Since then, until 2008, 21,290 people have undergone a transplant, the majority of which (8,139) receiving a new kidney.

Domingos Machado, coordinator of Lisbon's Hospital de Santa Cruz's Kidney Transplant Unit, stressed that "the duty to care for patients does not end with death" and believes that the families of donors should be "honored".

"In the United States families who have allowed organ donation often have funeral expenses paid for or some form of monument of IT tribute paid to them in way of thanks", he explained.

Dr. Machado admitted such an approach is "not always

peaceful, but in many places has helped to reduce the shortage of organs".

Worldwide doctors continue to raise awareness concerning organ donation, in life and after death. In Portugal, following a campaign, the number of people donating bone marrow for sick children rose dramatically.

It has been estimated that by the end of this year 190,000 bone marrow donations will have been made, the majority of which (60 percent) by women, and that number is expected to continue to grow throughout 2010. Reportedly, the average age of donors is between 26 and 35.

Blood donations have also increased this year, due to campaigns carried out over the past 12 months.

At present, 40 in every 1,000 people give blood.



Little David with his mother Ana Antunes a year after she donated her liver to her son. (Photo: Lusa / Paulo Novais)

Foreign citizens make up 6% of the EU population

On 1 January 2008, 30.8 million foreign citizens lived in the EU27 Member States, of which 11.3 million were citizens of another EU27 Member state.

The remaining 19.5 million were citizens of countries outside the EU27, of which 6.0 million were citizens of other European countries, 4.7 million of Africa, 3.7 million of Asia and 3.2 million of the American continent. Foreign citizens accounted for 6.2 percent of the total EU27 population.

In 2008, the largest numbers of foreign citizens were recorded in Germany (7.3 million persons), Spain (5.3 million), the United Kingdom (4.0 million), France (3.7 million) and Italy (3.4 million).

More than 75 percent of the

foreign citizens in the EU27 lived in these Member States.

Among the EU27 Member States, the highest percentage of foreign citizens in the population was found in Luxembourg (43 percent of the total population).

The percentage of foreign citizens was less than one percent in Romania, Poland, Bulgaria and Slovakia.

Meanwhile, Portugal is still the country with the largest number of expatriates in France and Luxembourg, according to Eurostat.

Portugal's immigrant community in France numbers 492,000, or 13.6 percent of foreigners legally living there. Some 76,000 Portuguese live in Luxembourg, accounting for more than a third of overseas citizens based in the

Grand Duchy.

Meanwhile, Brazil, Cape Verde and Ukraine, respectively, have the biggest expatriate communities in Portugal, according to Eurostat.

Same-sex marriages set to be approved before 2010

The Portuguese government were planning to present a law decree proposal to Parliament paving the way for same-sex marriages by the end of this year, a senior minister said.

Pedro Silva Pereira, the minister to the presidency, said the draft bill was to be discussed in the Council of Ministers last Thursday and taken to parliament later this month for action.

He said the right of adoption by homosexual couples would not be included in the bill.

Prime Minister José Sócrates' Socialist Party included a same-sex marriage plan in its election manifesto for last September's legislative polls.

While the Socialists were returned to power with a parliamentary minority, the proposal is expected to get the backing of leftist opposition parties, virtually assuring its passage, analysts said.

TPN/Lusa

Credit card interest capped at 32.8%

According to recently released figures from the Bank of Portugal (BdP), next year banks could be charging up to 32.8 percent in interest on credit cards.

The indicator was published last week by the BdP which made

public what the maximum limits on interest applicable by the National Bank would be in 2010.

Regarding personal loans (with the exception of car loans) the BdP has established a maximum charge of 19.6 percent in-

terest.

Interest on new car loans has been set at 8.0 percent (concerning Long Term Leases), while interest on second-hand car loans has been set at no more than 10.3 percent.

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Douro cruise operator signs 'millionaire contract' with US tour operator



Cruise ship "Douro Azul" in Oporto in 2007. (Photo: Lusa / Estela Silva)



Douro Azul, the leading cruise operator on Portugal's northern Douro River, has signed a "millionaire contract" with US tour operator Uniworld, assuring more than 136,000 visitors between 2011 and 2015, the company announced.

Revealing details of the agreement in a press statement, the company said the deal was coupled to its plans to build a new cruise ship for the vineyard-terraced river, the fabled home of

Port wine, at a cost of about €12 million.

Douro Azul said it foresaw closing 2009 operations with unspecified record results.

"Despite the reduction in the

English market, due to the crisis and the lowered value of the pound to the euro, the space freed up by the British has allowed the entry of new markets, such as Israel and Australia", the com-

pany said.

The number of US, Belgian, Dutch, Norwegian and Swiss visitors to the northern region had also risen, it said.

TPN/Lusa

Zara founder richer than Portugal's top 10 together

The personal fortune of Amancio Ortega, the man who created the Inditex retail chain (which owns international brands such as Zara, Pull & Bear, Massimo Dutti and Berska) has been evaluated at almost €16.5 billion, making him the richest man on the Iberian Peninsula.

It would take the combined fortune of Portugal's 25 richest men to surpass Ortega's personal wealth, achieved from the building of a clothing empire.

Portugal alone has 305 shops of the Inditex chain, 55 of which are Zara stores.

This country is, in fact,

Inditex's main supplier.

Presently Portugal's richest man is Américo Amorim, who in 2008 was estimated to be worth €2 billion, made from investments in the stock market and from patrimony.

Yet if Portugal and Spain were one, Amorim's fortune would rank somewhere around seventh on the list of Iberia's wealthiest people.

It has been estimated by the magazine 'Exame' that Portugal's top 10 wealthiest entrepreneurs are jointly worth around €9.3 billion, including the fortunes of personalities such as Belmiro de Azevedo, the José de Mello Group, and Joe Berardo.

The top 25 wealthiest people have a combined estimated fortune of €17.7 billion, little more than Ortega's €16.5 billion estate.

On a global scale, Amancio Ortega is the 10th richest person in the world. His shops can now be found in 73 countries and in 2008 the chain sold some 80,000 pieces of clothing per hour.

Should the Spanish entrepreneurs decide to start selling up, 69 percent of Zara alone would be worth an estimated €15.9 billion.

All of Portugal's wealthiest people saw their fortunes decrease this year, with losses in the region of 8.5 percent.

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Business in brief

EDP pledges to cut its greenhouse gas emissions by 70%

Portuguese power group EDP plans to reduce its emissions of greenhouse gasses by 70% over the coming decade, company sources said. In a statement EDP said renewable energy currently accounts for 60% of the group's installed capacity and nearly a half of its total energy production. EDP "hopes to see an ambitious climate accord reached in Copenhagen" this week to limit global warming to two degrees centigrade, added the statement.

Portugal makes "strong gains" in EU's 2010 fishing quota deal

European Union fishing ministers have reached agreement on catch quotas for next year and Portugal says the deal has given it "strong gains". Speaking in Brussels after talks with EU colleagues, Portuguese Fisheries Minister António Serrano said Lisbon has got important concessions across the board in the bloc's temporary quota accord for 2010. After negotiations on cod catches are concluded with Norway, Portugal will have a quota of 5,800 tons for next year. Brussels had wanted to reduce Portugal's monkfish catch for next year by 25% but this has only been cut by 15%, the minister said. Portugal has managed to reduce planned quota cuts for next year in a number of species, added Serrano.

Lisbon-backed Dobra-Euro currency accord should take effect Jan 1

The accord for Portugal to back currency parity between São Tomé and Príncipe's Dobra and the Euro should enter into effect, as planned, on January 1, Portuguese and STP officials have said.

GDP per EU inhabitant records wide disparity

In 2008, the GDP per inhabitant in Luxembourg was more than two and a half times the EU27 average, while Ireland and the Netherlands recorded levels about one third above average. Austria, Denmark, Sweden, Finland, Germany, the United Kingdom and Belgium were between 15% and 25% above the EU27 average. France, Spain and Italy registered GDP per inhabitant between 0% and 10% above the EU27 average, while Cyprus, Greece and Slovenia were between 0% and 10% below the average. The Czech Republic, Malta, Portugal, and Slovakia were between 20% and 30% lower than the EU27 average. Estonia, Hungary, Lithuania, Latvia and Poland were between 30% and 50% lower, while Romania and Bulgaria were between 50% and 60% below the EU27 average.

Portugal's Mota-Engil eyes Mexico buy

Portuguese construction group Mota-Engil is reportedly studying the acquisition of a construction firm in Mexico where it already operates a toll highway, company sources said. Mota-Engil CEO Jorge Coelho told Lusa his country is seeking further motorway concessions in Mexico and also buying a construction company "if everything goes well."

Macao - Ho's SJM opens 21st Casino

Sociedade de Jogos de Macau, owned by gaming magnate Stanley Ho, opened its twenty-first casino in the territory last week, officials and company sources said. Located next to Macao's ferry terminal the Oceanus has 260 gaming tables and 560 slots and were inaugurated on December 15 by outgoing chief executive Edmund Ho.

EU emergency oil stocks at comfortable levels

At a meeting in Brussels between the EC and the Oil Supply Group, held to discuss with Member States' experts EU emergency preparedness, it was confirmed current levels of emergency oil stocks in Europe stand at 122 days of consumption, a figure well above the mandatory 90 days.

EU accepts Microsoft commitments to give users browser choice

The European Commission has adopted a decision that renders legally binding commitments offered by Microsoft to boost competition on the web browser market. The commitments address Commission concerns that Microsoft may have tied its web browser Internet Explorer to the Windows PC operating system in breach of EU rules on abuse of a dominant market position. Microsoft has also committed to offer European users of Windows choice among different web browsers and to allow computer manufacturers and users the possibility to turn Internet Explorer off. Microsoft has also published an undertaking whereby it commits to make far-reaching interoperability disclosures.

SA low-cost carrier to launch Maputo-Joburg route

South African budget airline I Time will launch a service between Johannesburg and the Mozambican capital early next year, company sources have said. I Time told the Lusa News Agency the new flight will operate five times weekly undercutting current fares by around 50 percent.

EC provides extra €82m for rural development schemes

The European Union is giving Portugal supplementary funding of €82 million, officials said. Some €50 million of Brussels' new transfer goes to support Portuguese dairy farmers and another €30 million is targeted at extending broad-band internet in rural areas.

TPN/Lusa

Impressive New Year celebrations planned for Lisbon

The Vasco da Gama tower will once again be the stage for an impressive display of fireworks during the 2009/2010 New Year celebrations.

Called the 'Wave of Fire', the New Year firework celebrations will begin at 00h00 of January 1st 2010 at the Vasco da Gama tower, in the Expo 98 grounds, and will last for ten minutes in total, illuminating the night with fascinating pyrotechnics.

The highlight of the pyrotech-

nic will be a wave of fire covering a distance of 500 metres, replicating the movement of a real wave with a total of 10,000 fireworks being released from platforms on the river. The spectacular display of fireworks is sponsored by Super Bock and it will be an unforgettable experience.

Red Bull agreement signed

Weeks after it was claimed the Red Bull Air Race was in jeopardy of moving to Spain, Turismo de Lisboa has signed an initial agreement with Red Bull Air Race for the event to take place over the Tagus river in 2010.

The agreement, signed on Tuesday by Turismo de Lisboa, representing Lisbon and Oeiras councils, and Red Bull Air Race, demonstrates the "desire for an international championship event to take place over the Tagus River, between Torre de Belém and the April 25th bridge, in 2010" stated the document.

After being held in Oporto for three consecutive years, Lisbon will be hoping to gather as many spectators as the Oporto event,

which attracted a staggering 720,000 people to the Douro river last September.

With Lisbon Council having only confirmed on Wednesday 16th December its involvement in the event, refuting previous speculations that the event might be moving venue, it has also been revealed that Lisbon and Oeiras councils must finance Red Bull by €3.5 million.

The cities receiving the event must also "provide to the com-

petition, free of charge, the usage of the space where the event takes place, including the areas dedicated to the planes, and a landing strip, so that test flights, training and qualifying flights can be carried out with ease."

Both councils now have until January 31st to complete a protocol which establishes the obligations and rights of the three parties involved.

Faro among top priority areas for increased GNR presence

The GNR will be giving top priority to Faro, Setúbal and Lisbon, for the placement of their 944 recently graduated officers.

According to the Internal Safety Report of 2008, Faro, Setúbal and Lisbon were the districts that presented the highest crime rates of the country last year.

Last week, the Minister for Internal Affairs, said, at Parliament, that a special attention will be given to the Algarve in the placement of new GNR officers

due to the growing feeling of insecurity in the region, a fact that has been approached often in recent times by businessmen and politicians in the region.

According to the GNR, Faro will be the top priority, followed by Setúbal and Lisbon. These new 944 GNR officers will begin to work from Tuesday 22nd December, spread throughout all 18

districts of the country.

The recently graduated officers endured a nine month course, which ended on Wednesday with a ceremony in Portalegre. A total of 1,045 candidates enrolled for the course, with 54 quitting, 42 being sent home and five still awaiting a final decision. Of the 944 new officers, 871 are men and 73 are women.



Firework display at the Vasco da Gama tower in Lisbon

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Poverty rife in Portugal



Poverty in Portugal strikes 18% of its population, equivalent to around 2 million people, but that number could more than double if the State aids were cut, according to the Executive Director of CAIS, a social care association.



A woman holds a candle during the march against poverty which took place on Thursday 17th December in Lisbon. (Photo: Lusa / João Relvas)

Speaking before the 'March Against Poverty', which took place on Thursday 17th December, Henrique Pinto revealed that if the Government did not help struggling families, the number of people considered poor in Portugal could reach 41 percent, almost half the population. In the Executive Director's view, this is the consequence of the existing national crisis, now aggravated by the world's financial crisis. He believes there is a "lack of political willingness" to resolve the problem of poverty: "When budgets are made or prepared, each Ministry must place in its own budget these poverty funds, which are reflected in the economy, education, housing, and health services; besides the investments they intend to make."

However, he also admits the biggest obstacle in combating poverty and social exclusion is due to most of the population's indifference to the matter, which gives continuation to the cycle of families living in poverty for generations.

Henrique Pinto said the 'March Against Poverty' "assembled the public's opinion to get closer to each other, to not be indifferent to the two million people or more that live on the brink of poverty in Portugal, that means men and women who earn less than €406pm."

Although the March was organised by CAIS, Amnesty International, AMI (International Medical Assistance), the National Peace and Justice Commission, the Social Commission of Santos-o-Velho parish, the Obra do Ardina Foundation, the 'Médicos do Mundo' organisation, the 'O Companheiro' association and the European Anti-Poverty Network, all fully supported the campaign.

Christmas road campaign in force

The National Road Safety Authority has begun its Christmas campaign in order to alert and inform drivers of the dangers of speeding and drink driving. Several safety forces, such as PSP, GNR, Civil Protection and Emergency Medical Services, are on high alert during the festive season.

This year's Christmas campaign, called 'Arrive Home Alive to Loved Ones', began on Monday 21st December and will carry on until January 3rd, with several advertising campaigns also being broadcast on television, radio and advertising panels at the side of

roads.

According to the National Road Safety Authority (ANSR), over a third of drivers killed in road collisions have elevated alcohol levels in their system, and most deadly accidents are caused by excessive speeding. The ANSR hopes to encourage safer driving this Christmas season with its campaign, continuing the trend of fewer accidents on the roads during this month despite increased traffic due to the holidays.

In December last year, seventy people lost their lives on Portuguese roads.

Opening of new linen shop in Almancil

Kathryn Owen and Michael Braidwood are very pleased to announce the opening of their new linen shop Linen Warehouse located on the left hand side of the roundabout just off the sliproad as you come into Almancil from the EN125 from the Boliqueime direction. The location has private parking and is very easily accessed from the roundabout.

Their opening hours will be Mon-Fri 10-6 closed 1-2 for lunch and Sat 10-5 closed 1-2 for lunch. In the summer they will open a little later to 7pm.

They will be opening with a celebratory drink and a small buffet on Saturday 9th January 2010, at 10am everyone is welcome.

There will be opening offers and a winter sale on some of the products. Their products are very high quality at low prices, they have budget ranges of sheets and towels for rental purposes, a good 70

thread polycotton sheet range in various colours, and an Egyptian Cotton sheet range in white or cream with a regular stock of 200 thread cotton and with 400 thread cotton available to order. Pillowcases are also available in oxford or housewife styles in both polycotton and Egyptian cotton. Flannelette sheets and pillowcases are available in various colours up to kingsize.

They have a large range of pillows for all preferences, Duck feather, duck down, memory foam, soft pillows, anti stress, anti allergy, Egyptian cotton cover pillows, luxury quilted and a few more kingsize and bolster etc.

Their cushions and duvet sets have a wide range of colours and sizes to suit everyone's requirements personal or rental.

Towels come in various sizes from face towels to super sheets 500g or 600g with a very wide range of colours, other products include bath robes, mattress protectors, fleece underblankets, bedspreads, rugs, throws, bath mats, teatowels, dishcloths and tablecloths.

Electric blankets by Silent Night will be in stock when they open on the 9th of January, although most people wonder why they would need them here in Portugal they sell like hot cakes and they can recommend them as they were one of their first purchases when they moved here over two and a half years ago.

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Broadband Internet



This week we look at Broadband Internet and its availability here in Portugal. Broadband connectivity allows high-speed transmission of large amounts of data, including multimedia and video for business or home use.

Delivering millions of bits of data to your computer every second, a broadband connection reduces the time spent waiting for web pages and content-rich media to download. Here are a few of its main features

A broadband connection is "always on." That means you can instantly access the Internet and send and receive e-mail 24 hrs a day. What's more, a broadband connection lets you surf the Internet at the same time you or another member of your family is using the telephone. Broadband networks use a "fatter" broadband cable compared to conventional telephone networks. This means it can send and receive vast amounts of data and information up to 50 times faster than a standard dial-up connection. In simple terms, think of broadband as an empty five lane highway instead of a single road blocked with traffic. In terms of costs broadband service providers usually charge a fixed rate ranging from €29.00 a month to €79.00 depending on the type of bandwidth supplied. Installation fees are typically around €45.00 and download speeds range from 512Kbps to 24Mbps with 4Mbps being the most popular.

Here's how broadband is currently being delivered in Portugal

Phone Lines: Broadband that is delivered over ordinary phone lines is called Asymmetric Digital Subscriber Line (ADSL). Using your existing phone line, ADSL can deliver high-speed Internet at the same time as voice calls or faxes. There's no need to install a separate phone line for the Internet. ADSL uses only a portion of your phone line's bandwidth for connecting, so you are able to surf the Web and talk on the phone all at the same time. The technology used to implement ADSL only works over a limited physical distance. At the maximum, ADSL runs about 3.1 miles (5 kilometers) from a telephone exchange. Because of this distance restriction, ADSL still remains unavailable in many locations. Many customers already sub-

scribed to ADSL have experienced the growing pains of this very promising network service.

Why are ADSL Filters/Splitters needed?

When your ADSL and telephone service work together on the same line at the same time, the electronics inside a normal telephone can be a problem for high frequency ADSL signals causing noise to be heard on some telephones. In order to keep these systems apart and stop them interfering with each other it is necessary to separate the two components from the telephone line in your home. This is where the ADSL Filter/Splitter comes in. An ADSL filter is normally a small plastic box with a short lead that plugs into your phone socket and two outputs, one for your ADSL Modem and another for a telephone.

Some filters have only one telephone output in them. ADSL filters select the band of frequencies for each of the outputs, phone or ADSL, and send just the correct band to the appropriate socket. For good system performance it is very important that all your other telephony equipment is separated from the ADSL signal by the use of an ADSL Filter/Splitter -- this equipment includes telephones, answering machines, fax machines, burglar alarm systems and dial-up modems.

Cable: Many of the same Cable TV companies that currently provide access to TV programs and pay-channels can also provide broadband access. The same cable is used to connect both your TV and PC to the cable service. The two don't interfere with one another, so you can watch cable TV and surf the Web at the same time. Cable modem speeds vary widely. While cable modem technology can theoretically support up to about 30 Mbps, most providers offer Internet services with speeds between 2Mbps and 25 Mbps for downloads, and between 128Kbps and 1Mbps for uploads.

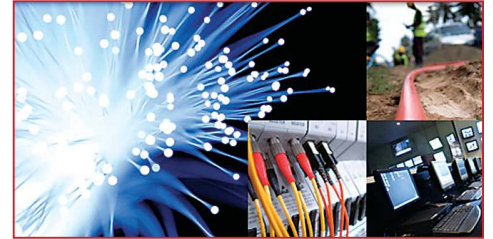
If we compare ADSL with cable modems we see that ADSL provides "always on" high-speed Internet access over a single telephone line whereas cable modems offer "always on" high-

speed Internet access over a shared cable television line. While cable modems have greater download (from the Internet into the home) capabilities, the bandwidth is shared among all users in a neighborhood, and will therefore vary, perhaps dramatically, as more users in a neighborhood get online at the same time. Cable modem upload (from the home to the Internet) traffic will in many cases be slower than ADSL, because too many people in a neighborhood are trying to send or receive data at the same time.

Many people ask how ADSL can be so much faster than an Analog modem when it uses the same phone line. The answer is that Analog modems send their signals through the public switched telephone network, the same one that connects ordinary telephones. ADSL modems "piggyback" their signals on top of the voice signal. On the phone company's premises, the line gets split - the voice calls are sent to the public switched telephone network, and the data transmission goes to the Internet. This method moves data off the phone company's lines and instead uses connections optimized for carrying Internet traffic.

WiMAX: This relatively new broadband service has the potential to do to broadband Internet access what mobile phones have done to phone access. In the same way that many people have given up their "land lines" in favor of mobile phones, WiMAX could replace cable and ADSL services, providing universal Internet access just about anywhere you go. WiMAX will also be as painless as Wi-Fi e.g. turning your computer on will automatically connect you to the closest available WiMAX antenna. In practical terms, WiMAX would operate similar to Wi-Fi but at higher speeds (typically 70Mbps), over greater distances (up to 50km) and for a greater number of users. WiMAX could potentially erase the suburban and rural blackout areas that currently have no broadband Internet access because phone and cable companies have not yet run the necessary wires to those remote locations.

Satellite: Broadband can also be delivered to your PC over the airwaves. Using a satellite dish or digital TV antenna and a special receiver, the bits of information



that make up Web pages can be received by your PC from satellites or broadcast towers. However, with satellites, you need to have an additional phone line connection. In the past only your downloads were received via satellite and your uploads were done through your standard telephone line which meant you paid two services. However a Paris-based operator Eutelsat has launched a satellite called E-Bird aboard the Ariane 5 rocket which is designed

to offer two-way high-speed internet services across Europe.

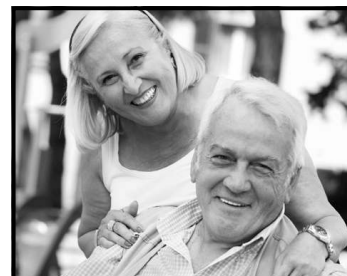
Fiber-Optic: You hear about fiber-optic cables whenever people talk about the telephone system, the cable TV system or the Internet. It's a unique technology that transmits data through hair-thin strands of glass fiber, using laser-generated pulses of light—and light travels faster than any other wave, 300,000 kilometers per second. Therefore these cables can attain mind-boggling

speeds, almost no loss of quality over long distances, and virtually unlimited capacity or "bandwidth." All 32 volumes of the Encyclopedia Britannica, for example, can be sent through an optical connection in less than a second. However typical broadband speeds being offered by ISP's on Fiber Networks are 50Mbps and 100Mbps.

In our next edition I will discuss Mobile Broadband Services available in Portugal.

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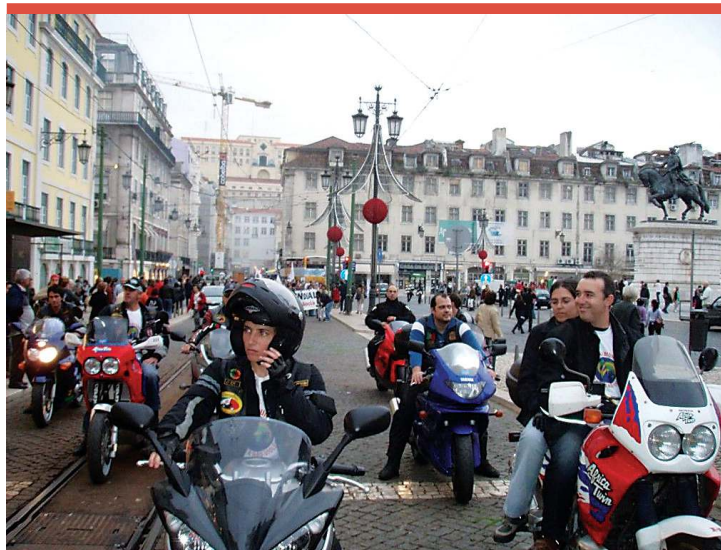
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Biker prophets resist “ungodly changes” and continue bringing joy to the world



Christian bikers lead thousands through Lisbon streets during the World March for Peace and Non-Violence

“In a desperate attempt to remain among the forerunners of EU States in the implementation of liberal, secular and antichristian laws, policies and values the government of Portugal wants to become the 9th nation in the world to legalize homosexual marriages by January 2010,” says Eddie Fernandes, president of CMA Portugal. He goes on to argue, “this follows other monumental societal changes

such as the liberalization of abortion, compulsory sexual education of all school aged children with accompanying condom distribution and teachings about safe sex (as opposed to teaching abstinence), and the introduction of new laws related to euthanasia, to name but a few.”

There is no doubt in anyone’s mind that Portugal is changing rapidly. No longer the bastion of conservative Roman Catholic

traditions the nation is being catapulted into something that is completely different from, and even completely opposite to, her former religious nature. The biker pastor goes on to say, “everything once considered good, holy, righteous, pure and Godly is under attack. To describe contemporary Portugal as religious or Catholic is a huge misnomer. And there is more to come. I believe other laws such as homosexual adoption, the removal of all

At a crucial time in Portugal’s history the men and women of the Christian Motorcyclist’s Association of Portugal are resisting the spirit of the age by being heralds of the Good News and defenders of ancient values. Most would rule bikers out as unlikely candidates to be prophetic voices but it seems as if the Scriptures are being fulfilled as it is written: “But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong” (1 Corinthians 1:27).

Christian symbols from public space and the persecution of the Church for her defiant stand, both in Portugal and in the European Union, are all in the pipeline.”

The members of CMA Portugal believe that “the country of Portugal, indeed all of Europe, is on the verge of collapse. A moral, ethical and spiritual recession has begun. The implosion of European society is imminent. History has proven time and again that people without God, without the values and principles taught in His Word, are doomed!”

Yet, at such a dark time in the nation’s history it seems as if God has seen fit to raise up prophetic voices in the most unlikely places. The members of CMA Portugal have taken to the streets. In September and October of 2009 they became politically active as they joined a new ProLife Party even occupying National Board positions. Their bikes led processions through the city during the Legislative Elections. In the same month of November their motorcycles occupied the main avenue of the capital as they led thousands in the World March for Peace and non-Violence. In fact this avenue of Lisbon is familiar to these bikers who also led 7,500 people in the March for Life prior to the Abortion law being passed. They have led at least 50,000 people in five major marches down this avenue



Rui Claro with two children from the António Luís de Oliveira Foundation

through the heart of their capital city always with a view to call their government to reason on a number of key issues.

December was a big month for CMA. They took the Good News of Christmas to a Foundation for abused, neglected and abandoned children in Lisbon. The children were treated to lunch, a game of football, rides on the motorcycles and presents were distributed as each biker adopted a child. Following that event on Sunday 13 December the bikers were invited to speak about their faith to a gathering of 160 non-Christian bikers! Secular bikers don’t normally ask Christian bikers to tell them about Jesus! Prior to that event in September the bikers went to Benfica do Ribatejo to share the

Gospel with 300 young people at a music concert.

Divided between two chapters, one in the south and one in the center of the nation, these radical bikers who are followers of Christ crisscross their country to bring a message of love, peace, salvation and joy to the world. Whether “Riding for the Son” through the streets of their capital or visiting a small local school their goal is simply one: to share their faith. They live according to a Higher Code. Their purpose is to take the message of Jesus of Nazareth to their nation. Indeed God must have a sense of humour to use a group of bikers to be apologists of an ancient message in our modern and turbulent times when all believe that Christianity is on the verge of extinction in Europe.

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PROPERTY OF THE WEEK

Is this dream property your perfect Christmas present?



This festive weekend Property of the Week is featuring a beautiful five-bedroom detached villa that anyone would be happy to enjoy Christmas (as well as the rest of the year) in. Located close to some of the Eastern Algarve's finest beaches and golf facilities, it is ideally situated as well as being impeccably designed and finished.

This is a rare opportunity to purchase a property on the boundary of an exclusive development, in an extremely private position, with panoramic views of a natural reserve behind it.

The property is an extensive, elegant home which has various terraces and a large pool. An impressive entrance hall leads down to the enormous open plan living dining and kitchen area. In the

lounge there is a wood burner fireplace and an extra new pellet fire. The dining area is generous as is the modern fully equipped kitchen.

Through patio doors from the kitchen and lounge there is a large terrace for al-fresco dining. On this level there is also a bedroom and large bathroom.

Downstairs there is a self-contained one-bedroom apartment

with shower room, large lounge with equipped kitchenette leading to the decked pool area and covered terrace. There are also three further bedrooms including a spectacular master suite of 80,45 square metres (including the bathroom and large dressing area) and extra area with futon.



In total the house has four bathrooms all with twin washbasins and quality fittings.



The house has many extra features, like air conditioning throughout the house, a garage used as storage and utility room, off-road parking for two cars, and a central vacuum system. Three phase electricity to prevent cut outs. Plumbed gas supplies the property, and each level has separate water heating, some gas and others electric water storage.

The 32 square metre pool has a heat exchanger, so swimming can be enjoyed all year round and it also has a special child-safe pool cover which is included.

The villa is located close to four golf courses with many others just over the border in Spain. The beaches in this area are beautiful and largely overlooked in the reports by holiday programmes and magazines. Some of the best local beaches are only five minutes by car from the house as is Praia Verde and its fabulous Restaurant Panorâmica, with its stunning

views. The 'Blue Flag' award-winning beach of Manta Rota is nearby as are a good selection of local restaurants. The area is great for long walks, which can be taken to Altura and Monte Gordo along the beach. Monte Gordo has a vibrant nightlife, with a Casino, bars and restaurants for all tastes, including Indian and Chinese.

This property is one that has

to be viewed to be enjoyed as the photographs do not do it justice. It is currently priced at €595,000, ref: 945. To book an appointment with no commitments contact Sarah Gonçalves on: (+351) 911 041 862, e-mail: sarah@algarvemanta.pt, see their sales website: www.algarvemantaproperties.com, or for rental properties see: www.algarvemanta.pt.



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Ref 953 - VILLA ENCANTADA, SANTO ESTEVÃO - € 745.000

Beautiful single storey villa with large private pool in the area of Santo Estevão. Private and peaceful with 10.480m² of land surrounded by walls and entered by a main gate. Partially furnished and fully central heated with two living rooms with fireplace, one with woodburner the other with electric fire, both plumbed for a gas fire should you choose. Completely equipped large kitchen with granite worktops, laundry room and garage for 4 cars. The house has five ensuite double bedrooms, the bathrooms are all modern and new. Surrounding the property you have beautiful palms and mature gardens. The property has a bore hole, a large gas deposit only needing to be filled once a year, and recently added just outside the property mains water supply easy to connect if you wish. Approx 30 mins to Faro Airport and only 10 mins to the



historic town of Tavira with a massive selection of restaurants and bars also featuring a brand new shopping centre with cinemas and many shops. This could be the house of your dreams!

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Ref. A1211

Price: € 220.000



Castro Marim

- Lovely traditional house
- Views Guadiana & Spain
- 3 bedrooms 2 bathrooms
- Large attic / extra rooms
- Garage, garden, trees
- Cottage 160m² plot 1.800m²

Ref. C1277

Price: € 285.000



Santa Bárbara de Nexe

- Beautiful character villa
- Lovely views to coast
- 4 bedrooms 4 bathrooms
- Under floor c/heating
- Pool, terraces, garden
- Villa 250m² plot 960m²

Ref. V998

Price: € 785.000



Estói

- Attractive villa in the hills
- Panoramic coast views
- 3 bedrooms 3 bathrooms
- Terraces & basement
- Pool 10m x 5m, garden
- Villa 250m² plot 5.600m²

Ref. V1196

Price: € 495.000



Castro Marim

- **Ideal Rentals / B&B**
- Large semi-detached villa
- 6 bedrooms 5 bathrooms
- Large space/extra aptms
- Garden, space for pool
- Villa 387m² Plot 587m²

Ref. V1278

Price: € 295.000



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Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira

New 5 bedroom villa w/ large pool & small lake enjoying sea views & privacy on landscaped plot of 15.560 m². Living area of 307 m² & basement of 192 m². High quality construction and specifications. Easy access.

Ref: LHV-937 Price: € 1.200.000



Estoi

Unique, modern, split-level villa with pool & guesthouse offering privacy & breathtaking views towards the coast. Covered area: 360 m², plot: 2140 m². Enjoying Good quality construction.

Ref: LHV-1063 Price: € 1.200.000



Santa Catarina

Lovely 4-bedroom quinta (265 m²) with many typical Portuguese features. Swimming pool & beautiful gardens. Plot of 9840 m². Spacious double-height living area. Easy road access. Good value for money.

Ref: LHV-866 Price: € 590.000 (Reduced from € 799.000)



Tavira

Luxurious 4 bedroom villa (430 m² covered area) with swimming pool on preferred location in Tavira. Large living room with adjacent dining area, Italian design kitchen, high quality building materials and finishing. Plot of 1074 m² enjoying country views.

Ref: LHV-901 Price: € 749.000



Near São Brás

Offers invited! Outstanding 3-bedroom villa (177 m²) with pool & garage (41 m²) set on a 2500 m² plot offering far-reaching views. Tastefully chosen materials, under floor heating, air-conditioning. Worth a viewing.

Ref: LHV-1066 Price: € 465.000

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Vilamoura

Two bedroom apartment comprising two bathrooms, lounge, kitchen, hallway, storage area and terraces. Parking area in the garage and storage. Communal swimming pool and garden.

Ref: A1319

Price: € 160,000



Benfarras

Lovely pre-fabricated house, situated near Vilamoura, composed of two bedrooms, one bathroom, lounge with dining area, equipped kitchen and terraces. Carport for three cars. Salted water swimming pool and various fruit trees. Furnished. Plot area - 2.400 sq.m.

Ref: V12653

Price: € 210,000



Vilamoura

This excellent value two bedroom duplex apartment, composed of two bedrooms, lounge, equipped kitchen, storage area, hallway and terraces. Garage. Communal swimming pool and garden. Equipped with air conditioning and alarm system.

Ref: A1185

Price: € 215,000



Vilamoura

Beautiful villa composed of three bedrooms, three bathrooms, lounge with fireplace, kitchen, laundry room and various terraces. Terraces, parking area, salt water swimming pool and garden. Barbecue, furnished and equipped. Plot area - 476 sq.m. Construction area - 128 sq.m.

Ref: V12626

Price: € 670,000



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VILAMOURA

Ref. A82158

As new 2 bedroom apartment excellently located within walking distance to Marina & Falesia beach. Closed complex w/ large green areas & sw. pool. Constructed area of 100 sq.m. Fully furnished and equipped. Excellent finishes. Air conditioning. Underground parking space for one car and one storage in the basement. Large south facing terrace overlooking garden and pool area. Excellent letting potential.

Price: €225.000,00 (Open to offers)



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Ref. A92621

Apartment fully furnished and equipped located in quiet area only 800 metres from the beach and 500 metres from the City Centre. Consisting of hall of entry and spacious living with brand new kitchen. Bathroom with bath. Spacious bedroom with built in wardrobe. Large balcony with sea views. Air conditioning. Private parking. Quiet residential neighbourhood. Very easy to let for holidays.

Price: €88.000,00



VILAMOURA

Ref. A92614

Excellent one bedroom apartment only 5 minute walk away from the Marina and the Falesia Beach. Complex with communal garden and swimming pool. Constructed area 90 sq.m. Very spacious lounge and bedroom. Fully fitted kitchen. Pre installation for a/c. Enormous terrace overlooking the pool and garden. Private underground parking and storage. Excellent letting potential.

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Olhão, Ref: S579
REDUCED by 20% to €299.000!!!



- Huge detached villa recently renovated
- 4 bedrooms, 2 bathrooms over 3 floors
- Possible to add more bedrooms/bathrooms and small pool
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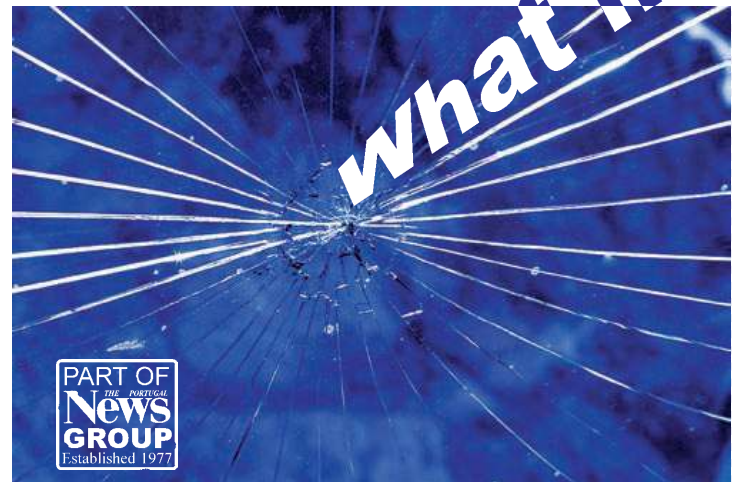
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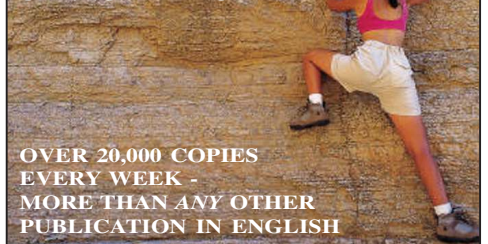
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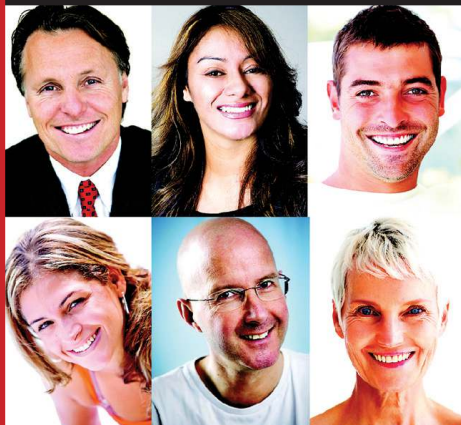
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Gardening tips for Christmas



Not only does the evergreen foliage of holly offer good nesting sites for birds, but the flowers are rich in nectar and the berries are popular with songbirds.

It may be cold outside, but that's no excuse for not donning your wellies and giving your garden terrace or balcony a little TLC over the festive season - working off the worst of the Christmas excesses in the process!

So says gardening guru Chris Beardshaw, award-winning garden designer. He believes you can still plant and prune shrubs and grow veg during the cooler months, and has compiled some top tips to keep gardeners busy throughout Christmas.

:: Try holly

If the earth is kept moist, holly can provide valuable future resources for wildlife in your garden or on a balcony in a container. The common holly, *Ilex aquifolium*, loves soil in which

moisture is always present, so incorporate plenty of well-rotted compost before planting. Not only does the evergreen foliage offer good nesting sites for birds, but the flowers are rich in nectar and the berries are popular with songbirds.

Remember, though, that more than one plant will be required for berries to form, as male and female flowers are carried on different plants. To be sure of berries, plant only cultivars of which the sex is known. 'Argentea Marginata' is a good female with white variegated edges and carries scarlet berries. Combine this with the golden-edged 'Golden Queen', a male form that is prolific in flower.

:: Prune grape vines

A ruthless approach is required to keep vines in check and fruiting. On plants more than three years old, prune all of this season's growth back to within one bud of old wood to encourage fresh growth next spring on which fruit will be carried.

:: Grow carrots

One of the real attractions of the carrot is that it can be sown from mid-winter through to autumn, so provides almost year-round cropping. For mid-winter sowings use the hardy 'Amsterdam' and 'Nantes' varieties that are labelled as 'treated', which means they have been graded and fungicide-treated to ensure effective germination. Sow thinly, 1cm deep, in any soil enriched with plenty of organic matter, then cover the seed drills with a polythene cloche to encourage germination. Cropping can start as early as mid-spring.

:: Plant shallots

There are now no more excuses for forgetting when to plant shallots, as they are planted on the shortest day (December 21) and harvested on the longest (June 21). This only applies to sets (juvenile bulbs), but these are the most efficient way of producing a crop so don't forget your chance to plant them this winter. Plant the bulbs with necks just below the soil surface in well-cultivated soil and in full sun, and cover with a layer of horticultural fleece till early spring to help insulate and promote growth.

:: For more information, visit www.chrisbeardshaw.com.

Hannah Stephenson

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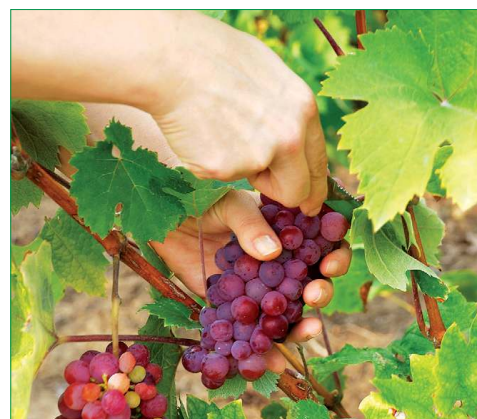
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Prune grape vines to encourage fresh growth next spring on which the fruit will be carried.

Gardening online



Did you know a social networking website specifically for gardeners has been set up by two green fingered entrepreneurs, www.growsonyou.com? It is free to join and makes it easy for people to share their gardening experiences with each other - whether they are beginners, experts or somewhere in between. Members receive their own plot where they can write about their garden and display photographs. The user-friendly site is also a useful information resource, with members posting their gardening questions, which in turn are answered by other members.



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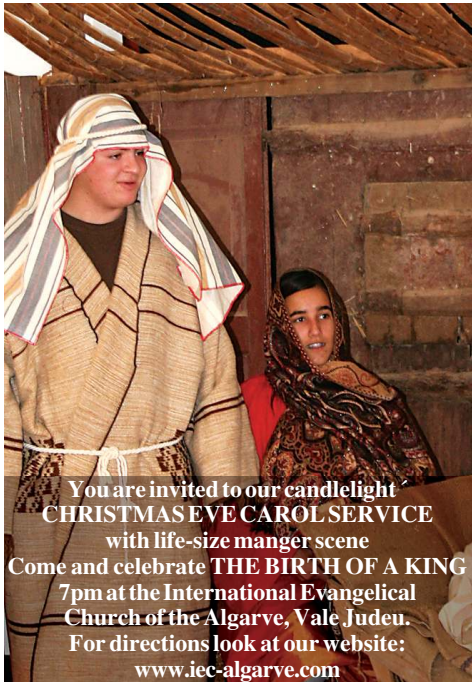
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Are Christmas Trees getting smaller?

Or is the generosity of local residents getting bigger??

ACCA would like to think it is the latter. It would certainly appear so, if you saw this tree last week, surrounded, if not overwhelmed, by just a fraction of the presents that have been donated for this year's Angel Programme.

For those of you who are unaware of the programme, it was set up over 8 years ago by ACCA (helping children in need in the Algarve). The purpose of the programme is to invite those more privileged to purchase an extra present for a local child in need, who ordinarily may receive little or nothing for Christmas. "It has been such a successful programme, exceeding all of our expectations from day one" says Wanda Crawford, founder Member of ACCA "we really can't thank people enough for their generosity...a small gift can make a big difference to these children on this special day."

We would like to give a huge thank you to all of the volun-

teers & people who bought presents or made generous donations this year. We could not have done it without the support of Casa Curiosa which warehoused all of the gifts. There warehouse looked like Santa's workshop at one point overflowing with gifts. Again, a warm thanks to all the companies & individuals that contributed.

ACCA has now delivered all the gifts to the institutions and homes of the children, all of whom, we know, will be truly grateful. So, a big thank you 'with a bow on top' to all who donated. And, don't fret, if you didn't get a chance to help this year, you can always make your contribution next year. Or, better still, make it a new year's resolution to become a member of ACCA and start helping straight away. For more details on the Angel programme or Fundraising activities contact wandacrawfordspa@yahoo.com. Or visit our website at www.accakids.com.

Local Charities Benefit from SDIS Christmas Fair

The PTA, Parents and Teachers Association at St. Dominic's International School raised over €4500 Euros at their recent Christmas Fair.

The event was well supported by the SDIS community and the monies raised will be used to help a number of local charities.

Students were selling gift items, food and raffle tickets, all of which helped to generate the €4,735.00 total.

Highlights of the Fair were the Junior School Choir and the Gift Basket Auction during which the Principal, Robert Clarence, managed to keep everyone entertained and which raised over €400 alone.

Robert Clarence said, "This was my first Christmas Fair at St. Dominic's and I was most impressed. The support we received from parents was very generous and it was wonderful to see how much the children participated in the fund raising. The PTA worked extremely hard to organise this event and now with the money raised it will help a number of very important and local charities."

For further information please contact Kate Bliss, Communications and Publicity Officer at

St. Dominic's International School, in Lisbon, email: k.bliss@dominics-int.org or call +351 214 440 434



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We wish all our readers a Joyful
Christmas and a Happy New Year

We wish you a stress-free



The festive season is supposed to be fun, but for many people, it's just one big round of stress, with family feuds, hours of cooking and excitable children. The experts share their tips on how to get through Christmas in one piece, so if you about to go into meltdown keep this article handy for next year to save your sanity!

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Burn out is a risk at Christmas.

Picture the scene... It's Christmas Day, the turkey's roasting merrily, the sprouts are bubbling and the clan is about to sit down to dinner when you suddenly remember the nut roast for your veggie daughter is still in

the freezer.

Sound familiar? No matter how much preparation you do, Christmas will always throw up stressful situations.

Present-buying panic, money worries, anxiety over family tension and the high expectations that come with Christmas, can leave nerves in shreds by the big day.

No wonder studies show that Christmas can lead to heart problems due to increased levels of stress and consumption of fatty foods, as well as higher rates of illness while our immune systems take a beating. Lawyers also say that divorce rates peak after Christmas.

"Burn out is a risk at Christmas, so it's important to keep an eye on your stress levels and look after your own wellbeing so you can enjoy the big day without feeling overloaded or tired out," says Sophie Corlett, director of external relations at the mental health charity 'Mind'.

"It's easy to get carried away with Christmas shopping and Christmas drinks, and when you're constantly busy, one of the first things to go is good quality time by yourself."

During the weeks before Christmas people's stress levels soar thanks to overeating, excessive spending and having to deal with a variety of new problems - such as dealing with over-excited children!

As exercise routines slide and lethargy sets in, physical and mental stress are the inevitable consequences.

A recent survey, conducted by stationers BIC, revealed that 64% of parents find the run-up to Christmas the most stressful time of year.

It's not all bad news though - there are plenty of steps you can take now to ensure you have a merry stress-free Christmas.

Organise and think positively

Stress is at least 50% self-induced, says consultant psychologist professor Robert Edelman, so you can actually control your stress levels and re-

duce what he calls "anticipatory anxiety" by adopting a positive mental attitude.

"It's very much about how stressful events are perceived, how you evaluate them and what you expect to happen. Don't set the barometer too high.

"As with everyday work, if you start to fret about what needs to be done and when, then it leads to a breakdown of the system. At the end of the day, does it matter that much?"

The important thing at Christmas is that everyone feels relaxed, happy and enjoys themselves, including you.

"Start off with the assumption that this is going to be fun whatever and if it all goes wrong, it'll be funny, not disastrous."

Adopting the right attitude is half the battle, but if you really want to conquer the Christmas collywobbles, it's time to get organised.

"Write lists, make plans and prioritise," advises professor Edelman. "If you take things steadily, organise what needs to be done and you've got a list that says the nut roast must go in at whatever time and you're ticking things off, it means you're less likely to forget something."

"There's overdoing it of course, but if you've organised everything, then it should reduce the amount of potential distress you're likely to face."

Let peace and harmony reign

Only a saint could get through the entire festive season without saying a cross word to anyone. When all the family comes together, there's bound to be friction somewhere.

The key to having a harmonious Christmas is to keep things in perspective, says Martin Riley, relationship expert from Re-Balance, www.re-bal.com.

"If the pressures of creating the perfect Christmas turn it into a living hell - then we've kind of missed the point. Let those around you know what you want to get out of the festive season, but don't forget to ask what they want too - it's a discussion that often doesn't happen."

"One of the central themes of Christmas is the sharing of love, peace and goodwill. Try to remember what it's really all about and set out to enjoy it."

"Families and relatives can be a pain - but they're also the people likely to be there for us when it most counts, so try to enjoy sharing some time with them."

Big family occasions can often seem like an obligation, but we do all have a choice, adds Riley.

Here are his tips for coping with awkward relations:

• Unhelpful partners and kids: "Even the most organised of people need some help. Make it clear that you want time to enjoy Christmas too and draw up a rota of jobs that need doing, but make it fun, with points and prizes."

• In-laws you don't get on with: "Try and see the funny side

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Christmas



The high expectations that come with Christmas, can leave your nerves in shreds.

of anything you don't like and remember it will all be over soon. If it really is a problem, give yourself some space and leave them to your partner occasionally."

∴ Prying parents: "Parents are always worried about their offspring, but if they're digging too deep, give them plenty of reassurance that you're doing well in areas of your life you're happy for them to know about."

Exercise more and eat less

Over-indulging at Christmas can make us feel lethargic and powerless even to turn off the TV. If you don't want anxiety about your weight adding to the Christmas stress, think before you reach for that extra mince pie.

"Large quantities of rich foods, lots of sugar and more alcohol than usual can put a strain on our bod-

ies," says Henrietta Norton, senior nutritionist at Healthspan.

"This change to our diet can wreak havoc with digestion, skin, sleep patterns, blood sugar levels and even our mood."

Instead of slumping on the sofa, counter the calorie-fest guilt and boost your mood with an energising walk.

It's well known that a bout of strenuous exercise releases substances in the brain called endorphins, that make you feel happy and reduce stress.

"If you are lacking energy, remember that becoming more active will increase your activity levels, so schedule activity for times in the day when you feel energetic," says Ian Lahart, exercise physiologist from the University of Wolverhampton in the UK.

"Christmas is a family time, so plan to do family activities that require moderate to vigorous activity. Try playing football with the children. Include social activities involving exercise into your schedule, for example, if you are seeing your friend for a coffee, take a walk together instead.

"If the weather is an issue, try going to your nearest shopping centre and walk from end to end at a brisk pace for longer than 10 minutes. Alternatively, ask for an exercise DVD for Christmas to perform when the weather stops you from walking outside."

Stress-busting check-list

∴ Before battling the Christmas shopping, take an energy-boosting vitamin supplement.

∴ Take a time out with a nice cup of calming herbal tea.

∴ Finding it hard to sleep? Lull yourself to the land of nod with Valerian, an ancient medicinal herb.

∴ Worried about the effects of fatty foods on your heart health? Try Kwai plus Omega-3 which contains Kwai garlic, to maintain good cholesterol levels and keep blood vessels healthy.

∴ Got the post-Christmas blues? Give your immune system a boost with Multibionta



"If you've organised everything, then it should reduce the amount of potential stress you're likely to face."

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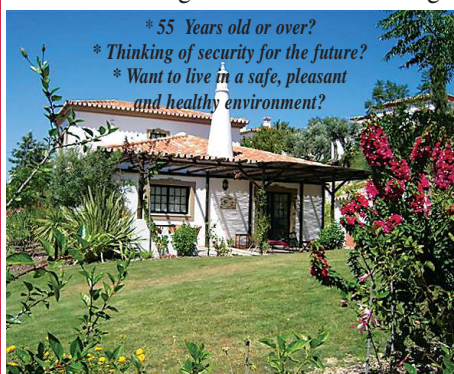
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From Red Sea splendour to



Find out about the wonders of the ancient world from a glamorous perspective.

From the clubhouse of the new Championship-standard Madinat Makadi golf course, I looked across a stunning landscape of green fairways and lakes linked by connecting waterfalls to the exotic beaches of the Red Sea beyond.

Built on barren stretches of the desert outside Hurghada just 11 years ago, the Egyptians planned the ultimate relaxation resort of Madinat Makadi with

such precision that some visitors never go outside its boundaries for the length of their stay.

Spice Girl Mel B chose this location for a lavish party to celebrate the renewal of her wedding vows last year.

Possibly she liked the luxurious hotel suites the size of a flat, complete with a pool on the balcony, or perhaps the magnificent landscaped gardens which surround each hotel and provide the perfect backdrop for a portfolio of celebrity pictures.



A view over the Red Sea from the Sol y Mar Makadi Marine, Egypt.

There are luxury spas, brilliant kids' clubs, fascinating souks and vibrant nightlife, but one of its greatest attractions is a purely natural one - the almost hypnotic power of breezes coming in across the Red Sea even on the hottest

days of summer.

While you will often swelter in airless Cairo or Luxor, you are usually gently fanned in these parts. And you will settle happily for an outside table in one of the many restaurants that offer tasty samples of traditional mezze and a fantastic choice of lamb dishes.

On pristine beaches, neat lines of sun-loungers make this quiet, man-made resort the ideal place to curl up with a good book. Sporty types who tire of the fairways can switch their attention to snorkelling and diving among the coral.

Last November, the impressive five-star Jaz Makadi Golf Hotel was added to this scene of near perfection, nestled in the heart of the course with pool, restaurant, bar and spa.

For all its luxury, the Red Sea coast is essentially a 21st-century creation, and most visitors balance it with glimpses of the ancient world depicted in history lessons.

Many visitors prefer ancient history for starters, and the Red Sea afterwards. Flying into Hurghada, we went in the opposite direction.

A three-hour coach drive took us across the desert and then between steeping mountain ranges on either side.

At times, our route along the dusty road traced the line of the River Nile, where camels wandered by the ramshackle homes and women washed clothes in the waters in scenes that would

not have looked out of place in Biblical times.

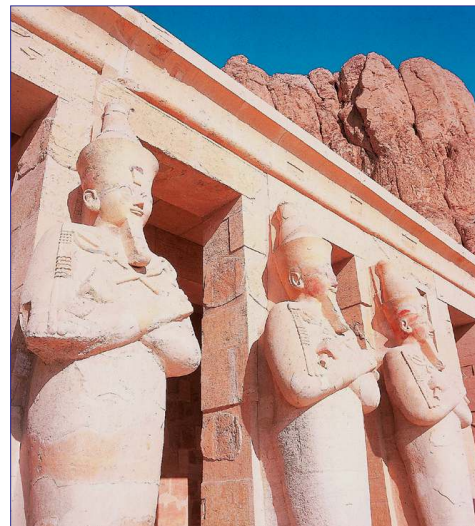
Among the tombs and temples of Luxor, I wanted to see why people have been fascinated by the likes of Cleopatra and Tutankhamun for more than

3,000 years.

Built on the site of the ancient city of Thebes, the city contains enough treasures at the vast Karnak and Luxor temple complexes to quench a cultural thirst.



A view over the River Nile from the Iberotel Luxor Hotel, Egypt.



One of the temples at Luxor, Egypt.



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Luxor's ancient wonders

Lines of sphinxes took us into an array of statues and alabaster monuments to the gods and goddesses of the day, demonstrating how one Pharaoh after another tried to outdo previous shows of wealth and respect to the mythical figures that they believed controlled life and death.

Walls adorned with mysterious hieroglyphics and colourful paintings were brought to life by our friendly and knowledgeable guide, an Egyptologist called Abdul, in his special brand of English - scattered with phrases such as "lovely jubbly" borrowed from British TV sitcoms.

Thousands of years after being created, the works of art remain impressively intact, helped by the Egyptian climate.

As the locals mention at every opportunity, the sun shines all the time and rain falls only about one day a year. We found temperatures of 21-24C cool by local standards, just about right for exploring the sights and sounds of the city.

As well as enjoying the love stories of rulers such as Ramses II and Queen Nefertari, my curiosity for the macabre meant I was also naturally keen to explore the Egyptians' fascination with death.

They buried their Pharaohs in

huge hidden tunnels, caves and tombs in the Valleys of the Kings and Queens on the west bank of the Nile.

It's a treasure-trove of mummies - including the most famous of all, Tutankhamun - and is a constantly evolving site as the hunt for missing graves continues.

Queuing to enter the tombs, I watched archaeologists in long gowns and headscarves carry buckets of rubble from excavation pits and load them into trucks in a hot and laborious process.

The crowds of sun-hat and shorts-wearing tourists seemed slightly incongruous amid the sense that secrets from centuries past were being unlocked right before our eyes.

The stand-out moment for me was seeing the face of Tutankhamun lying in the place he was buried more than 3,000 years ago.

Although the tourist information on offer prepares visitors for disappointment, reminding them his famous blue and gold burial mask and other treasures uncovered by British archaeologist Howard Carter in 1922 are now on display in Cairo, the Boy King's mummy was definitely worth paying the extra charge to take a look.

Intended to be safe from thieves intent on taking the precious treasures the kings took with them to their deaths, grave-robbers nevertheless plundered them over the years.

But Tutankhamun's coffin was kept secret from the rest of the world until Carter's discovery brought Egyptian history into the limelight.

While not the largest or most impressive burial chamber on offer, it was worth every penny to walk through the unassuming entrance and down the flight of stairs to see - in a glass case - the mummified body of a king in power in the 1300s BC who died before reaching the age of 20.

All this culture is set on the banks of the majestic Nile where queues of cruise liners dominate the Luxor stretch of river.

Our base, the Iberotel Luxor, was perfectly positioned to enjoy the spectacle. We could walk straight out of the grounds and on to a felucca (a traditional wooden sail boat) for a trip along



Souk Makadi at the Madinat Makadi, Egypt.

the river.

Nestled between the ancient walls, there are bustling streets with stalls selling souvenirs including the ancient Egyptian symbol of luck - a beetle called a scarab.

Signs saying shops in the souk were "hassle-free" were slightly misleading, as traders made every effort to persuade me to choose one of their scarves. Eventually, they won me over.

A very persistent schoolboy also proffered a selection of

spices - including generous packages of three different kinds of saffron - which I took off his hands for the equivalent of £1/£1.10.

With Egypt well outside the Euro zone, you can find many such bargains in markets and shops, while restaurants are usually great value.

Travel facts

Paula Fentiman was a guest of Jaz Hotels, Resorts & Cruises. Libra Holidays offers a 14-

night twin-centre holiday taking in Luxor and Madinat Makadi from £845/€932 per person.

The price is based on seven nights' full-board on the five-star deluxe JAZ Royale Nile Cruise plus seven nights' half-board at the five-star Jaz Makadi Star Hotel. It includes return flights from Gatwick, with return resort transfers.

Libra Holidays reservations: 00 44 (0)800 458 5402 or www.libraholidays.co.uk.

Paula Fentiman

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The pool at Jaz Makadi Star and Spa hotel, Egypt.

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Mark Crathorne - HM Consul Lisbon

SIR, Mark Crathorne, HM British Consul in Lisbon, is to be dismissed at the end of the year after only two years in post. I, like anyone who knows him, am deeply shocked and I write to express my anger and disappointment at the way a dedicated servant of the British community has been treated.

I was a referee for Mark on his appointment and said at the time that he was the ideal Consul: bright, charming, discreet (yet with an incredible contact network), kind, diligent and of unshakeable integrity. He was selected in 2007 from among around 500 candidates. I later heard from a Foreign Office contact how impressed they were. In particular, his response to the "crisis exercise", where he had, in a very short time, to set out a plan to deal with a major emergency, was one of the best that they had ever seen. He has worked extremely hard - many, many hours over his contractual limit. He has performed his duties, many additional to the Consul's usual remit, in an exemplary way. At no time have any of the diplomatic authorities (the reports to the Consul General in Spain) raised any significant complaints about his performance or behaviour - there are no great gaffs, no behavioural quirks or nasty secrets. In short, he is an outstanding Consul, one of the best for many decades.

No proper reason was given to him when he was told he

would have to go, at very short notice. No disciplinary proceedings, no admonitions, just an embarrassed "Well, it's time for a change". The truth is simply that for personal motives of the meanest kind his face no longer fits: I cannot elaborate in public but I have done so in private letters to the Ambassador and the Permanent Secretary at the Foreign Office.

I am disappointed that a young and promising Ambassador like Alex Ellis, with so much talent and a sparkling media image, should have shown himself to be so easily and so pusillanimously swayed by mean spirited advice. Above all, I am sad that the deepest values of the British Civil Service that loyalty, dedication, intelligence and integrity in service to the public good are applauded and rewarded, have been so crudely dishonoured. Mark, just like the rest of his, needs his job to support his family, having given up all his private work. So, even at a human level, he has been shabbily let down. As a headhunter, I have not seen this kind of behaviour in the private sector: that the British public sector should behave like this is indeed shocking.

For his part, Mark, ever the perfect Englishman, is somewhat embarrassed at the brouhaha but I, for one, am damned if I'm going to let the mandarins humiliate with impunity someone I admire and respect. I know many people who know him feel the same. Shame on the bureaucrats, shame on the Foreign and

Commonwealth Office.

So, I urge your readers to write to the Ambassador, write to the Permanent Secretary at the FCO (Sir Peter Ricketts). We, the British Community, deserve better than this.

CLIVE VIEGAS BENNETT, Lisbon

One rule for some and another for the rest?

SIR, It appears I was right (my letter, Portugal News, 12 Dec, concerning criminal libel). There is one rule for the protected people, and one rule for the rest of us. If you are a policeman, a lawyer, or a politician, and I criticise you, I can be put in prison. If anyone criticises me, no such penalty accrues. That is quite clearly in breach of the Human Rights protocols that the Portuguese government signed up to as part of their commitments under EU membership.

One wonders quite what the Portuguese revolution did achieve. Sure, it got rid of one dictator, but failed to do the job properly by not getting rid of the rest of the dictators. They are protected by law. It's time things changed. What I want to know is, what our government is doing about it.

Germany and the UK have subsidized the Portuguese government and people every year for the past thirty odd years. We've kept our part of the bargain. It's about time the Portuguese kept their side. What is our representative doing about it? Is he on the job? If so perhaps he can update us on how negotiations are proceeding.

Of course the latest case to cause an uproar is only one of many disgraceful legal issues. How about an update on that case in Coimbra back in 2003 when some other poor lady was given a fine of (I think) €1,500 for appealing a court decision.

By appealing, apparently she was "insulting the court". In that instance, the court heard evidence from a claimant by mobile phone, and would not let the English lady know what that evidence was. The Portugal News reported the case in their 19 April 2003 edition.

Earlier this year The Portugal News reported how policeman Amaral together with his cronies was convicted of beating up a prisoner. If I'd beaten up someone I'd be in jail. But because they were policemen they were allowed to go free with a warning. It's one law for us, and another law for them.

As I have said before, this is the behaviour of a jungle state; and not to be expected in what is supposed to be a civilized western political union. What message does the government think this sends to foreigners? Honest folk are not going to invest in such a place.

JOHN CLARE, Arao

A timely reminder from the British Embassy

SIR, Following the earthquake last week, the British consulate would like to take this opportunity to remind all British nationals of the importance of registering with their LOCATE service. It only takes a few minutes to register your whereabouts on line, then if a major catastrophe occurs we will have an instant record of your details and can contact you to make sure you're ok and provide assistance. For more information please visit: www.fco.gov.uk/locate.

MANUELA ROMANO DE CASTRO, Political & Press Adviser, British Embassy, Lisbon

Not him again!

SIR, I write to say how much I enjoy Ron Lavery's weekly column in The Portugal News. I'm sure I'm not the only reader

who spends a seemingly endless seven days in anticipation, awaiting the publication of great man's next promulgation. The range of The Maharishi Ron's knowledge and experience must be truly encyclopaedic, from language skills to global warming, from Portuguese driving skills to killing cats in washing machines. And as for you Dear Editor, having the foresight to print Sage Ron's introspections for the benefit of we, the unlightened, we are all greatly indebted.

I'm sure given time, and quiet correctly in my view, Ron's name will be mentioned in the same breath as Confucius, Immanuel Kant and Bertrand Russell, as Stephen Hawking and Ernest Rutherford, as Mother Teresa and Mahatma Gandhi.

I am also sure that the we ex-pats and the Portuguese do not realise the calibre of the man living amongst us? A man who has seen everything, done everything and most importantly knows everything, so naturally has an opinion on everything. They (we) don't know just how lucky they (we) are!

When the great prophet sadly departs this life one can only hope his family will bequeath his head to medical research and have him interred in Westminster Abbey alongside other heroes of our nation. On his tomb, I suggest, a simple inscription: "Hear lies Ron Lavery who died of a Surfeit of Opinions, brought on by the dire need of a hobby." Seriously Ron, you need to get out more.

MIKE TOWL, Lagos

Global warming scam

SIR, Human activities like farming, manufacturing, power generation and transportation all contribute to greenhouse gas concentrations. However, these emissions are dwarfed by comparison with those from natural sources that we can do nothing about, such as water vapour. Even the most costly efforts to limit the human contribution will have a negligible effect on global climate.

Any research calculation that ignores the fact that naturally occurring water vapour makes up 95% of greenhouse gases is suspect, if only because its omission cons the public into believing that the effect of carbon dioxide is more than 20 times greater than it actually is. Most global warming advocates also steer clear of the fact that only about 3% of CO₂ is also man made.

Heat-waves and forest fires make the headlines all the time but who has heard of this winter's billion-dollar loss of Californian crops due to unusual frost or that Iowa is suffering its harshest winter for years? Why

has sea-ice diminished in the Arctic since 1978 but grown by 8% in the Southern Ocean? GW, defined as a uniform rise in average world temperature, doesn't fit the bill but random changes in the weather world due to the sun's well documented cyclical behaviour certainly do.

For a very disturbing read Google: 'Lord Monckton Climate Change'. If time permits watch and listen to the two videos that are accessible.

If the effect of CO₂ is as big as 'experts would have us believe, perhaps they should be worried about how much CO₂ has been breathed out by hundreds of delegates at the Copenhagen Conference during two weeks of non-stop, inconclusive waffle?

RON LAVERY, By e-mail

Grant, St. Francis of the Algarve

Everyone, and the animal community are totally saddened by the sudden passing of Grant, who had devoted his years in the Algarve to the rescuing of stray dogs. He never turned one away whatever their condition and would nurse them back to health before trying to find a home for them, which he did many, many times.

Over the last six years he had made many good friends - he was as caring to humans as he was to animals and was thought of very highly by many having built up a close network of animal lovers. His death has left a void in the São Bras community and the rest of the Algarve, as well as leaving 15 dogs with out a home and leader, which was his most cherished daily job.

The dogs are all lovely and well behaved, each with their own personality. We have photos, information and the age of each one - Grant kept a log! We are asking in the spirit of Christmas and the memory of Grant that any one who could find a home for a dog come forward please. Each dog has had all their injections and been neutered or spayed, and is ready to go to a new home. They are mostly small to medium size with a few big ones.

We are also appealing for an animal lover who would be prepared to stay at Grant's house over Christmas, just for a few days to sleep in, and feed and look after these dogs while homes are found. They are very easy and well mannered, Grant's legacy, who taught them very good manners.

Please, please help us...thank you. If you can help in any way phone, Sue on 289462384 or 914146198, or Zena on 289791895 or 963113920.

May we wish all our friends a very happy Christmas & a prosperous New Year!

SUE & ZENA, By e-mail

Portuguese for Beginners

⇒ Choose the most correct word to complete the sentences below:

- | | | | |
|-------------|-----------|---------|---------|
| ♦ bacalhau | ♦ família | ♦ ceia | ♦ peru |
| ♦ vermelho | ♦ barbas | ♦ idoso | ♦ fato |
| ♦ presentes | ♦ branco | ♦ trenó | ♦ ruas |
| ♦ cidades | ♦ árvore | ♦ renas | ♦ gordo |

- O Natal é a festa da _____.
- A nossa _____ de Natal é grande e está muito bonita.
- Em Portugal, comer _____ e _____ recheado é uma tradição na _____ de Natal.
- O Pai Natal é _____ e muito _____.
- O Pai Natal tem _____ brancas.
- O _____ do Pai Natal é _____ e _____.
- O _____ é o meio de transporte do Pai Natal.
- As _____ são os animais do



LESSON 23

Christmas message.

simpático Pai Natal.

- No Natal, as _____ das pequenas e grandes _____ têm decorações muito bonitas e também música.
- Os _____ são muito importantes e uma grande alegria para as crianças.

⇒ Write the words in the correct order to have today's message written in Portuguese:

Merry Christmas and a Happy New Year

E

NOVO

FELIZ

BOM

ANO

UM

NATAL



Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me:

Emília Rosendo at The Portugal News and I will return them corrected.

The Portugal News • Apartado 13 • 8401-901 Lagoa



I wish all my 'students' a very Happy Christmas and an outstanding New Year!
Emília Rosendo

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easv

Medium

Hard

					8			7			1			6		5			7	3					1	
8	5								3	2			8			7	1	6		8						9
	6	1	3		5	9		2			4				3					2				4	7	
1				3	2		7		8		4		1								5					1
			1		7					3					8						8	7	3			
	3		9	4				5			8		2			9		9			1					
2		8	7		9	5	3				1			7				8	9					2		
							2	6		7	4		5			6	3	5						9		8
6			5							6		7			4				6				9		3	

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

S	U	R	F		D	I	S	C		E	F		V
O		E	Y		R	E	F	E	R	E	E		
T		F	E	R	V	E	N	T	L		F	O	E
E		X	T	R	E	A		S	N	O	O	Z	E
N	R		I		A	F	T						T
S		J	U	D	I	C	I	A	L	S	H	A	F
S	S		S	G						L		A	
S	E	N	S	U	E		T	E	X	T	B	O	O
Q				M	O	W		I			F	A	
U	F		P	E	V	A	L	U	A	T	E		
E	Y	E	B	A	L			E	L				H
N	L	T		F	O	O	T		L	O	O	S	E
C	R	O	C	H	E	T		T	O				R
E	N		Y		H	A	L	O		F	E	T	

(Right: Last week's solution)

Last weeks solutions:

3	9	7	1	5	4	8	2	6	1	4	9	8	7	2	3	5	6	8	9	5	3	1	2	4	6	7
4	8	1	7	2	6	5	3	9	8	3	5	9	6	1	2	7	4	2	1	7	5	6	4	8	3	9
5	6	2	3	8	9	4	7	1	6	2	7	5	4	3	1	8	9	3	6	4	9	7	8	5	2	1
7	3	5	9	6	2	1	4	8	5	7	1	3	2	9	6	4	8	4	2	8	1	9	6	3	7	5
9	4	8	5	1	7	3	6	2	2	9	8	6	1	4	7	3	5	1	7	3	2	4	5	9	8	6
1	2	6	8	4	3	9	5	7	3	6	4	7	5	8	9	1	2	9	5	6	8	3	7	1	4	2
6	7	3	4	9	8	2	1	5	7	8	3	4	9	6	5	2	1	6	4	9	7	5	3	2	1	8
8	5	2	4	7	1	6	9	3	9	5	2	1	8	7	4	6	3	7	8	1	4	2	9	6	5	3
2	1	9	6	3	5	7	8	4	4	1	6	2	3	5	8	9	7	5	3	2	6	8	1	7	9	4

ACROSS

1. Vague (10)
7. Consumed (5)
8. Reasonable (7)
10. Length of time (8)
11. Plan (4)
13. Business magnate (6)
15. Male goose (6)
17. Candid (4)
18. Abuse (8)
21. Wreath (7)
22. Affirm (5)
23. Severity (10)

DOWN

1. Bury (5)
2. Gift (8)
3. Succeed (6)
4. Near (4)
5. Grappled with (7)
6. Self-willed (10)
9. Reading matter (10)
12. Adherent (8)
14. Stripe (7)
16. Bicycle for two (6)
19. Foe (5)
20. Decline (4)

[illegible]

We have five packs in Portuguese, two in Spanish and one in Italian for the winners of our Prize Crossword. Please state which one you would like. Choice is based on first come first served and will be posted to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword Nº 1042, Apt. 13, 8401-901 Lagoa. Be sure to enclose your name, address and phone number.

Find the hidden words within the square. The word may start anywhere and go in any direction.

U	H	Y	R	G	N	I	P	P	A	R	W	I	I	P
K	O	U	E	E	R	T	G	G	Q	A	O	E	U	
P	L	L	I	S	G	N	I	K	C	O	T	S	K	D
C	I	E	N	P	A	H	O	L	L	Y	N	M	A	D
S	D	T	D	A	G	M	Q	S	R	R	A	H	C	I
A	A	I	E	P	F	R	V	R	C	H	S	N	T	N
M	Y	D	E	E	P	R	E	S	E	N	T	S	I	G
T	T	E	R	R	S	B	X	E	M	S	A	W	U	G
S	I	P	O	I	N	S	E	T	T	I	A	Z	R	R
I	D	C	Q	A	S	E	I	P	I	I	U	U	F	Z
R	I	R	R	V	P	A	D	F	Z	N	N	P	C	M
H	N	C	G	E	G	G	N	O	G	J	S	G	R	E
C	G	W	T	R	A	O	I	T	I	O	N	E	S	R
B	S	X	E	G	O	R	C	S	I	S	E	V	L	E
P	M	I	S	T	L	E	T	O	S	E	M	I	N	C

GREETINGS, HOLIDAY, STOCKINGS, TRADITION, YULETIDE, TIDINGS, ELVES
 SCROOGE, EGGNOG, CRANBERRY, SAUCE, MINCE, PIES, WRAPPING, PAPER,
 PUDDING, FRUITCAKE, MISTLETOE, POINSETTIA, HOLLY, CHRISTMAS, TREE,
 TINSEL, PRESENTS, REINDEER, SANTA

See if you can find 6 differences between the two photos.



Last weeks solutions

Across: 1 Pick; 3 Crusader; 8 Earn; 9 Spurious; 11 Second to none; 13 Robber; 14 Mettle; 17 Take the chair; 20 Frontier; 21 Save; 22 Rigidity; 23 Plus.

Down: 1 Pleasure; 2 Corn-cob; 4 Repute; 5 Stringency; 6 Drown; 7 Rise; 10 Interested; 12 Peerless; 15 Travail; 16 Threat; 18 Among; 19 Afar.

Last week's winner: Alan Samuel. Monte Gordo

Last week's solution:



Afpop donation

On Thursday 17th December Carole Good-Dixon and some members of the Alcantarilha 'afpop' group visited Pirilampas, Albufeira home for children. During this last year members have been saving their raffle money in order to donate to the children.

Peta Birch took the visiting group on a tour of all the homes under the care of 'Amigos das Crianças'. It was an enlightening and humbling experience for all.

When handing the cheque for €400 over Carole wished all her members to know that their money had gone to such a worthwhile cause and to thank them for their support. She is leaving at the end of December as AEO for 'afpop' but will continue to fund raise with friends. Ideas for specific items will be discussed and targets set.

Thanks go to Peta for her generous time taken in showing the invaluable work that is undertaken.



Carole Good-Dixon left Peta Birch right

Walking in the beautiful Algarve

Let's walk...

Saturday December 26th ... from Meia Praia

A relatively easy 2 hour walk with great views over the Alvor estuary before dropping down to walk back along the beach.

10.30am start - meet at the beach bar car park at Meia Praia. Leave the A22 at the Mx Grande/Odiáxere exit and follow signs for Odiáxere, in the centre of the village turn left and follow signs for Palmareis golf. After passing the club house the road drops down and at the bottom of the hill go right. After 200m you come to a small roundabout, exit towards the beach and you will see the car park and beach bars. (Julie leading) or

Saturday December 26th ... above the River Aglibre

A fairly easy walk that leads you above the valley with great views over unspoilt countryside and back through tiny hamlets.

1.30pm start - meet in the centre of Monte Seco. From the A22 take the Boliqueime/Loule exit and follow the signs for Loule. After passing the quarry take the first road left and at the T junction turn left and follow the road through the village of Parragil and then down hill. After about 1km there is a turn on the left to Monte Seco. Turn and follow the road up into the village where it ends by a bus shelter and becomes a track, there is a cafe close by! (Neil leading)

Wednesday December 30th ... in the Natural Park

A fabulous walk deep into the heart to the Cape St Vincent Park, the walk will take about 2.5 hours

and is moderately easy, one not to be missed!

10.30am start - meet by the mercado carpark in Vila do Bispo. Take EN 125 towards Sagres and take the second exit for Vila do Bispo, go straight over at the roundabout and at the second roundabout take second exit, the car park is immediately on the right.

If you do need any further information please call Julie 965 753 033 or Neil 922 244 242.

Thank you to everyone that has walked with us this year, may 2010 see you all still active, healthy and happy!

All are welcome to come along - there is no need to book (there is a charge of 5 euro per walk which includes a donation to charity). Please wear comfortable shoes, bring some water and a sense of humour!

If you require more details please call: Julie Statham 965 753 033/ 922 244 242 or www.portugalwalks.com

Sweeping the Board

The Royal British Golf Society had their last meeting of the year on 9th December and, out of 41 participants, two of the members - namely Vice Captain Ron Goddard and member Eddie Leitão - managed to take home an armful of prizes each.

The course was in a very bad condition due to the heavy rains in recent days - players had to watch their steps so as not to end up in a mud bath! There were a total of 12 prizes to be awarded for the monthly competition, plus three others for the year prizes.

In the Captain's Baffly competition the first prize was won by Ron Goddard, second by Mark Dawson and third by Alistair Ferguson. Fourth, fifth and sixth prizes went to Sally Buxton, David Gray and Eddie Leitão respectively. The D'Arcy Orders Cup for the best gross score was won by Ron Goddard and the Newstead Cup by Eddie Leitão. Nearest the Pin for the Men went to Alistair Ferguson and Anita Beselin won for the Ladies. The Cow Bell went to David Jackson and Bo Dahlin - being the only guest - won the Guest prize!

Of the 2009 year prizes, the Alan Jones Trophy for the Best Eclectic (Nett) went to Eddie Leitão, the Dai Evans Trophy for

the Best Eclectic (Gross) to Ron Goddard.

This year a new trophy was presented to replace the old Grand Prix Shield. The initiative to award a trophy in memory of Graham Paine came from David Jackson. Graham was a longtime member of the Society, a past Captain, and was much loved by all his old friends and colleagues. In his introductory speech David read a message from Graham's wife Lilian who was not able to be with us. The first winner of the new trophy was Denys Stormont.

During the Prize Giving, which was held at the Hotel Inglaterra in Estoril, the Captain, Jimmy Gray, presented a cheque for Euros 350 to Mr Michael Simpson, director of the British Retirement Home. The cheque represented fines paid by members who lost balls during Club tournaments throughout the year.

As is tradition, at the end of the dinner, Ron Goddard, the 2010 Captain outlined the plans for the forthcoming year, and presented a gift of flowers to the Captain's wife, Maureen Gray. The next Club tournament with be the National Geographic to be held at Estoril on 3rd February.



Winner of the Graham Paine Memorial Trophy Denys Stormont with Maureen Gray

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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We wish all our readers a Joyful Christmas and a Happy New Year

Classic Tracks Programmes

Kiss Fm - Zonda Top 100

Fed-up with what's on the telly between Xmas and New Year? Enjoy listening to 'GOOD' music from the 1950s, 60s, 70s and 80s?

Over the last couple of months many people have voted for their favourite classic tracks of all time and these have been counted and placed into a league table. A total of 810 different tracks have been voted for and the Top 100 tracks will be played on Marc Damon's English language radio show from Sunday 27th through until New Year's day on Kiss FM. So tune in to FM 101.2 or 95.8 between 1.00 and 3.00 on a Sunday or 12.00 to 3.00 on a weekday to

hear what we in the Algarve consider our all-time favourites.

The variety of artists you've voted for is exceptionally wide, everything from Bing Crosby and Vera Lynn to Meatloaf, the Rolling Stones and Queen. Without giving anything away, your investigative journalist can reveal that the most voted for recording artists, based on the total number of votes cast are The Beatles, Queen and The Rolling Stones.

Voting has now finished and Marc is compiling his shows that will culminate in the full Top 40 on New Year's Day.

Thanks to everyone who voted and happy listening.

WEATHER UPDATES - DAILY NEWS IN ENGLISH - EXCHANGE RATES

<p>ENGLISH SHOWS</p> <p>Marc Damon Steve Silby TGIF Show Matt Vaughn Simon Frater Owen G Wayne Sharpe</p>	<p>Listen Live Online www.kissfmalgarve.com</p> <p>KISS Klassix - Mon-Fri, 12pm-3pm/Sun, 1pm-3pm Late Night Algarve - Sun-Thurs, 10pm-Midnight Silvano - Fridays, 7pm-9pm KISS Weekender - Sat, 1pm-3pm Soul Spectrum - Sat, 6pm-8pm Solid Gold Sunday - Sun, 9am-1pm Sunday Mix - Sun, 6pm-8pm</p>
--	---

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Braised beef with Madeira sauce

This is a modernized version of a recipe published in a cookery book written in 1815. (Serves 4-6)

Preparation time: 10-15 minutes

Cooking time: 30-40 minutes per 450g/1lb plus 30-40 minutes 1.3kg/3lb lean brisket or silverside joint



Salt and freshly milled black pepper
75g/3oz bacon, roughly chopped or bacon lardons
6 shallots, peeled and finely chopped
2 garlic cloves, peeled and crushed
15ml/1tbsp oil
1 small bunch fresh herbs (such as winter savory, oregano and thyme)
3 parsnips, peeled and chopped
4 celery sticks, chopped
450ml/¾ pint good, hot beef stock
450ml/¾ pint Madeira wine
10ml/2tsp good quality truffle oil
Place the joint on a chopping board and season.

Heat a large non-stick frying pan and cook the bacon, shallots and garlic for 3-4 minutes. Transfer to a large ovenproof casserole dish. In the same frying pan heat the oil and brown the joint on all sides for 4-5 minutes and transfer to the dish.

Add the remaining ingredients, cover the dish with 2 sheets of greaseproof paper or foil and secure with a lid.

Bring to the boil, reduce the heat

and cook on the hob for the calculated cooking time until the beef is tender.

Remove the joint from the pan, transfer to a warm plate, cover and rest for 10 minutes before slicing. Meanwhile add the truffle oil to the sauce and stir gently.

Serve the brisket with the sauce, crushed potatoes and steamed cabbage.

Tip: Alternatively, cook in the oven at Gas mark 3, 170C, 325F.

Timeless festive food

Sarah O'Meara helps recreate Victorian times with our recipes from 100 years ago. Ditch the turkey and go for old-fashioned meats and try dishes inspired by history.



Minted Lamb chops with cucumber relish

This dish can be dated back to the Georgian period where cucumber was traditionally cooked and served with meat rather than eaten raw in salads. (Serves 4)

Preparation time: 20-25 minutes, plus marinating

Cooking time: Under 20 minutes

8 lean lamb loin chops or cutlets

For the Marinade:

Salt and freshly milled black pepper

90ml/6tbsp freshly chopped mint

30ml/2tbsp sugar

30ml/2tbsp olive oil

90ml/6tbsp white wine vinegar

For the Relish:

15ml/1tbsp butter

3 shallots, peeled and finely chopped

2 large cucumber, peeled and cut into thin slices

Pinch nutmeg

Salt and freshly milled black pepper

150ml/¼ pint good, hot chicken or vegetable stock

15ml/1tbsp fresh thyme leaves

To prepare the marinade; mix all the ingredients together. Place the lamb in a shallow dish, spoon over the marinade and coat on both sides. Cover and marinate for up to 1 hour.

To prepare the relish; heat the butter in a large non-stick frying pan and cook the shallots for 2-3 minutes. Add the cucumber, nut-

meg and seasoning and continue to cook for a further 5 minutes.

Add the stock and thyme. Cover and simmer for a further 5 minutes.

Cook the chops under a preheated grill for 12-16 minutes, turning occasionally.

Serve with the relish and new potatoes.



Orange roast beef stuffed with spinach and herbs

(Serves 4)

This luxury dish come from the period of Charles II and involved the meat being roasted on a spit in front of the fire.

Preparation time: 25-30 minutes, plus marinating time

Cooking time: Rare: 20 minutes per 450g/1lb plus 20 minutes, Medium: 25 minutes per 450g/1lb plus 25 minutes, Well done: 30 minutes per 450g/1lb plus 30 minutes

1 x 1.3kg/3lb lean topside, sirloin or fillet of beef joint

Salt and freshly milled black pepper

2 hard-boiled egg yolks, chopped

50g/2oz fresh baby spinach, rinsed and finely chopped

30ml/2tbsp freshly chopped flat-leaf parsley

15ml/1tbsp fresh thyme leaves

15ml/1tbsp freshly chopped oregano or marjoram leaves

4 medium red onions, peeled and cut into wedges

For the Marinade:

30ml/2tbsp olive oil

Grated zest and juice of 2 Seville or Mandarin oranges or similar

2 shallots, peeled and finely chopped

2 garlic cloves, peeled and finely chopped

15ml/1tbsp sherry vinegar

Place the joint on a chopping board, remove any butcher's string or elasticated meat bands and season on both sides. Using a sharp

knife cut along the joint, horizontally, to create a pocket-like cavity, but do not cut all the way through.

In a medium bowl mix together the egg yolks, seasoning, spinach and herbs. Use the mixture to fill the cavity of the joint and tie with butcher's string or elasticated meat bands.

To prepare the marinade; mix all the ingredients together. Rub the marinade over the joint, cover and refrigerate for up to 4 hours, turning occasionally. Remove the joint from the fridge one hour before roasting. Preheat the oven to Gas mark 4, 180°C, 350°F.

Place the onions in a roasting tin, remove the joint from the marinade and position on top of the onions. Discard the marinade.

Open roast for the preferred calculated cooking time, basting occasionally with any rich beefy juices.

Serve the beef with the onions and pan juices.

Autumnal beef and chestnut casserole

This casserole dish comes from an early 18th century recipe.

Preparation time: 25 minutes

(Serves 4)

Cooking time: 1½-2 hours

450g/1lb lean boneless shin, stewing or braising beef, cut into 2.5cm/1 inch cubes

30ml/2tbsp plain flour seasoned with salt and freshly milled black pepper and 10ml/2tsp ground nutmeg

20ml/2tbsp oil

8 shallots, peeled and left whole

2 garlic cloves, peeled and crushed

175g/6oz baby carrots, topped and left whole

4 tomatoes, skinned, deseeded and roughly chopped

Grated zest of 1 lemon

450ml/¾ pint good, hot beef stock

200ml/7fl oz good red wine

15ml/1tbsp fresh thyme leaves

200g/7oz cooked and peeled whole chestnuts

Preheat the oven to Gas

Place the flour, seasoning and nutmeg into a large plastic food

mark 3, 170°C, 325°F.

bag. Add the beef in batches and coat with the seasoned flour.

Heat the oil in a non-stick frying pan and cook the beef for 4-5 minutes until brown on all sides. Transfer to a 1.2L/2pint ovenproof casserole dish.

In the same frying pan cook the shallots, garlic and carrots for 2-3 minutes. Spoon into the casserole dish with the tomatoes.

Add the remaining ingredients to the casserole dish, bring to the boil, cover and transfer to the oven to cook for 1½-2 hours.

Serve with mustard mash.

Tip: This recipe is perfect cooked in a slow cooker, but always refer to the manufacturer's instructions first.

2009 New Year Menu

7.30pm

Welcome cocktail and Selection of savoury Verrines

8.30pm

Terrine de Foie Gras, Porto Jelly, Onion compote and "Mesclun" Salad

Cappuccino Seafood Bisque with Fresh herbs

Lobster Mille-feuille served with baby vegetables and mango sauce

Trou Normand

Filet Mignon en Croute with truffles, "Gratin Dauphinois" and fresh spinach

Chocolate and Pistachio Fondant, "Crème Anglais" and Vanilla ice cream

Mineral water

Hotel wines selection

Flute of Champagne at midnight

After hours

Hot soup, cacao and snacks



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Festive gifts for kids



Sam Wylie-Harris checks out this year's must-haves for children.

Santa's little helpers have started stocking up for Christmas with all their favourite toys. Here's a sneak preview of what's in store...

• If you're looking for a gift for baby's first Christmas, an adorable brown bear or a soft, snuggly blanket that's suitable for prams and cots.

• Sweet little Sylvanian's will find lots of cosy comforts in their luxurious new caravan. With a retro-style kitchen, convertible dining area and over 30 accessories, they'll be all set for a wonderful Xmas holiday. Sylvanian Families Caravan (age 4+) by Flair from all good toy shops.

• The furry gang is all here! Chunk, Nums Nums, Pipsqueak and Mr Squiggles will race across the carpet, spin their wheels and gently coo and purr. Go Go Pets (ages 4-8), by Character Options from all good toy shops.

• Paparazzi princesses will love snapping, editing pix, making videos and playing games with the new V Tech Kiddizoom camera in pink. Features easy to use controls, viewfinder, flash and colour LCD screen. Vtech Camera (5+), batteries not included, from Very (www.very.co.uk)

• With this special key, little girls can unlock the door to Bollywood parties and a magical Indian adventure. Indian Palace playset includes 8cm doll, magic key, elephant lamp, pitcher and cups, treasure chest, snake in a basket and flute. Indian Palace Adventure World Playset (age 4+), from the Key Tweeners range, from Bandai, www.bandai.co.uk

• This award-winning funky building toy has the tools to let girls customise their jewellery boxes, picture frames and loads more with a new range of special parts for fun, creative ideas and glitzy finishing touches. MagNext Girls Systems Deluxe for 65 piece set and 100+ builds

(6+), from Toys R Us, www.toysrus.co.uk

• Ben 10 just got even better. Challenge the chamber and create five different alien body parts with a twist of the dial, Ben 10 Alien Creation Chamber (age 4+) from Bandai, www.bandai.co.uk

• Cars, cars, cars. This clever carrier with turning rotors and wheels has space for over ten racers including star character and hero Lightning McQueen from the Disney Pixar movie, Cars. Cars Dinoco Helicopter (age 3+), from Disney, stockists www.disneystore.co.uk

• Walking, talking, beatbox buddy. Meet JoeBot, the hilarious robot who responds to voice commands and finger triggers. Let him roam freely in Battle Mode and blast obstacles with this hand LEDs, WowWee JoeBot (age 8+) available from all good toy shops

• Ready for battle? Mix 'n' match different armour and weaponry and customise your tops with the new Battle Strikers Tournament Set. As well being the fastest controllable turbos, boys can improve their skills by using a special magnetic controller on their finger. Battle Strikers Tournament Set (age 6+), by MEGA Brands from www.amazon.co.uk

• Awesome! Suit-up like a bumblebee and prepare to save the universe with this voice-mixer helmet with movie-voice phrases and battle sound effects. Transformers MV2 Bumblebee Movie Helmet, (age 5+) from Argos, www.argos.co.uk

Clutch bag



Lisa Haynes helps save on room in your party clutch with beauty products that double up.

The bigger the bag, the more you fill it. Fine when you have a sack bag on your shoulder the size of a small house, but when you have to resort to a minuscule clutch for party season, it's downside ahoj.

Keys, check. Coins, check. Phone, check... then, oops, there's barely any room to squeeze in beauty essentials to keep you looking gorgeous for mistletoe encounters.

Charlotte in Sex And The City once remarked on the girly party problem during a preening session with Carrie and co, saying: "...but they just won't fit into my Kate Spade purse!"

That's where double duty beauty comes in - the products that serve more than one purpose - saving you time, money and space in even the daintiest of evening bags.

Sarah Stacey and Josephine Fairley, authors of new book Beauty Bible: Beauty Steals, say cutting back on products doesn't mean compromising on looking good.

"The basis of many products is the same," explains Sarah and Jo. "Make-up wise, you can double or even triple up on masses of products."

"In fact, savvy beauty companies are beating the credit crunch by producing multitaskers now. Just be creative."

Check out Sarah and Jo's double duty beauty tips and pack your favourite party

clutch with these glam-in-seconds essentials. It's make-up magic!

Bronzing powder for eyeshadow

Also try products in any bronzing palette, mixed with balm as a lippy, as blusher (perhaps with a tad of pink) and under brows.

Eyeshadow pencil for brow liner

Taupe colours are best: avoid anything with red in it.

Brown mascara for brow thickener

Apply sparingly and move wand with direction of brows.

Glitter powder for face or body highlighter

Use dry or wet on the eye, mix with lip balm for a glittery sheen, sweep pale shades on cheekbones for instant highlighter, swish across shoulders and collarbones for bare-shouldered glam.

Ivory coloured cream eyeshadow for under eye concealer

Dot on very sparingly, then smooth on a touch of your own skin-matching foundation on top.



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N.B. Winter Times

beauty



Jemma Kidd I-Rescue Bio-Complex Cover
(www.spacenk.co.uk)

Eye make-up base as blemish concealer

Also apply sparingly and add foundation on top.

Rosy lipstick for blusher

A soft rosy-brown lipply looks great on cheeks. There are also specific lip 'n' cheek stain products.

Hair styling gel for brow fixer

Apply a tiny bit with ring or little finger to keep brows groomed.

Top double duty product

If you can squeeze just one little product in your clutch for the party season, pack a mini balm.

"A good, clear, slightly gungy balm or salve (or Vaseline) is fab as a base which you can mix almost anything into," say Sarah and Jo. "Balm is possibly the greatest multi-purpose product ever: use it for glossing lips, taming frizzy hair and brows, moisturiser, and even as a make-up remover."



Bags and jewellery from Accessorize
(www.accessorize.co.uk).

Beauty bulletin

L'oreal lady

Cheryl Cole isn't the only darling of L'Oreal Paris with those hair ads. Actress and former model Diane Kruger has signed up as the latest face to say the iconic "because you're worth it" catchphrase. Diane says: "I admire the brand, not only for the quality and innovation of its products, but also because it represents diversity and excellence across the world, values which are close to my heart."

Stay safe

With party season in full swing, 2LoveMyLips is campaigning to raise awareness of the dangers of drink spiking. The new cosmetics brand's lip glosses are cleverly packaged to include a drink spike detector testing kit. Over the party season, 2LoveMyLips are offering three lip gloss and testing strip pack sets available at www.2lovemylips.co.uk



Metallic bow clutch (www.oasis-stores.com)

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HIGHLIGHTS

Quebra-nozes

Tchaikovsky - Ivanov

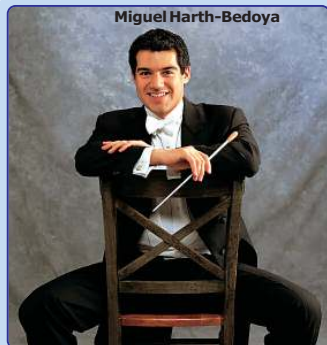


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prices: From €10 to €216 (For purchase, see bottom of page) - 213 240 580 - The Coliseu is situated on Rua das Portas de Santo Antão, 96 - www.coliseulissboa.com

LISBON - January 1 - Tchaikovsky's ballet Nutcracker at Coliseu dos Recreios - Elegance, technical mastery and a broad experience featuring the Russian State Ballet of Rostov. Coming from Russian cities with a lively cultural life, this company has over 70 years of life. Thanks to its colour, the extraordinary imagination overflows characters and adventures, with the unforgettable music of Tchaikovsky. The Nutcracker has become one of the ballets that has been performed in various parts of the world, especially during this season - Ticket

Miguel Harth-Bedoya



(Danzas Concertantes, for guitar and orchestra) and Nikolai Rimsky-Korsakov (Schéhérazade op. 35) - Ticket prices: From €17.5 to €35 - The Calouste Gulbenkian Foundation is situated on Avenida de Berna, 45A - 217 823 000 - www.gulbenkian.pt

LISBON - January 7 - Concert by the Gulbenkian Orchestra conducted by Miguel Harth-Bedoya and guitar soloist Manuel Barrueco - 21h00 - Grand Auditorium of Calouste Gulbenkian Foundation - Works by Esteban Benzeay (Colores de la Cruz del Sur), Roberto Sierra

PORTO - January 5 to 17 - EXPOINOVOS Exhibition of Services and Products for the Wedding - The Exposition & Fairs grounds EXPOINOVOS is close to Porto International Airport - www.cpc.pt



LISBON - 'O País em... Presépios' Exhibition of Nativity Scenes at 'A Arte da Terra' - The Nativity Scenes are a work of renowned artists representing an artistic portrait of a country, where tradition and modernity combine together - 'A Arte da Terra', is a project dedicated to the Portuguese culture, located in a magnificent building, the old stables of the church, on Rua Augusto Rosa nº 40, next to the Cathedral - The exhibition will run until January 10, 2010 - Nearly one hundred craftsmen and sculptors from different artistic trends and different generations, have more than half a thousand pieces on the classic theme of Christmas - Sculptors Jorge Mealha, Janet Mealha de Lagos among other 80 artists will be present at the exhibition - For more information, please call 212 745 975 - e-mail: arte@net.sapo.pt - www.aartedaterra.pt

SOUTH

ALBUFEIRA

DECEMBER 31

Live music and lots of street animation at Praia dos Pescadores culminating with fireworks at 24h00 - City Hall - 289 599 500

UNTIL DECEMBER 31

Arlindo Martins presents a painting exhibition 'Paisagens do Algarve e...' (Landscapes of Algarve and...) - Art Gallery Pintor Samora Barros - Open daily from 10h30 to 16h30

UNTIL JANUARY 4

Photography Exhibition '35th Algarve International Salon of Photographic art 2009' by the Racial Clube - Municipal Library - Tuesday to Friday: 9h30 to 19h15; Monday and Saturday: 13h45 to 19h15; Closed Sundays and public holidays

FARO

DECEMBER 31

Street animation and live music from 22h00 and at 24h00 fireworks seen from São Francisco Square - Org. by the City Hall - 289 870 870

JANUARY 9

'Inferno' by the Dance Company Olga Roziz - Teatro das Figuras at 21h30 - 289 888 100 - www.teatromunicipaldefaro.pt

LAGOA

UNTIL DECEMBER 31

During the Christmas Season there will be daily Street Animation, Concerts and many other activities - www.cm-lagoa.pt

JANUARY 13

Tchaikovsky's Nutcracker at Centro de Congressos do Arade at 21h00 - Tickets: €30 - 282 498 577 - algarvecc.com

LAGOS

DEC 28 & JAN 1

The New Orleans Jazzband free concerts at Tivoli Hotel - 20h00 - Information Tony Scriven - 289 591 804

DECEMBER 30

New Year's Concert - 21h30 - Cultural Centre - 282 770 450

UNTIL DECEMBER 31

Exhibition Graphic Diaries - Drawings in Notebooks - Cultural Centre - Mon to Saturday from 10h to 20h - 282 770 450

DAILY

Visit the new Charity Shop in Amadena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - 282 687 334 (LAPS - Lagos Animal Protection Society)

LOULÉ

UNTIL DECEMBER 30

Chá d'Arte presents a solo Painting Exhibition by the artist Jeroen Buitman - the art gallery is situated in the historic centre of Loulé.

PADERNE

DAILY

'Three-part art' Exhibition by Florence Clayette, Meinke Flessman and Clifford Martin Tuson at Galeria Corte Real - Signposted from Ferreira, Boliqueime & Pademe - 918 980 199 / 912 737 762

PORTIMÃO

DECEMBER 31

Starting at 22h00 at the waterfront, Portimão says goodbye to 2009 and welcomes 2010 with lots of street animation with Brazilian, Cuban and other musical groups and a show featuring water, earth, air and fire. The night culminates at 24h00 with the magic of fireworks on the waterfronts of Praia da Rocha and Alvor - Organized by the City Hall - 282 470 700

UNTIL JANUARY 3



Exhibition 'As carrinhas de Portimão' (Portimão carriages) - Temporary Exhibitions Room of Portimão Museum - Tue: 14h30-18h; Wed to Sun: 10h-18h - 282 405 265

QUARTEIRA



New Year's Eve 2009/2010 - Concert by José Cid and Orquestrada and Fireworks display - Praça do Mar (Riverfront) - Have fun right on the beach with this special New Year programme delighting both young and old culminating with fireworks display with the sea as both stage and backdrop to mark the beginning of 2010

SÃO BRÁS DE ALPORTEL

UNTIL DECEMBER 31

Painting Exhibition by José Lourenço - Art Gallery of Café da Vila

SILVES

DAILY

Basic Ballroom and Latin dance classes, for beginners - Between 15h00 and 17h00 at the old Cine Theatre - By qualified teacher - Price: €5

NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun:

11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

JANUARY 2

Viennese New Year with the Orquestra Nacional do Porto conducted by Christoph König and Soprano Adriane Queiroz - 18h00 - Sala Suggia de Casa da Música - 220 120 214 - Av. da Boavista, 604-610



CENTRE

CASCAIS

DAILY

» Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

» Naval Club - The Cascais Naval Club is situated on the bay, and important international competitions are organised from here. There is a sailing school on weekends.

» Sea Museum - Rei D. Carlos - The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary - Guided tours: 214825081 - Rua Júlio Pereira da Mello in Cascais - Open: from 10h00-19h00; closed on Mondays and Public Holidays - 214 825 400

ESTORIL

DAILY

» Casino Estoril - Praça José Teodoro dos Santos - 214 667 700 - Info.estoril@estoril-sol.com

LISBON

UNTIL DECEMBER 27

'The interpretation of dreams' - Photographs by Jorge Molder at the Calouste Gulbenkian

Foundation - This exhibition is co-produced by the Modern Art Centre and by the Calouste Gulbenkian Cultural Centre in Paris - Curator: Leonor Nazaré - The exhibition can be visited from 10h00 to 18h00; Closed on Mondays - Av. de Berna 45-A - T. 217 823 000

DAILY

» Mercado da Ribeira - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy - Av. 24 de Julho

» National Coach Museum - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays - Praça Afonso de Albuquerque - 213610850

» Oceanarium - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002

SINTRA

DAILY



Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

Lisbon Concerts (Tickets: See details bottom page)



December 26 - Concert by Indigo at Di Box - 20h00 - Arruda dos Vinhos, 11 - January 1 - Concert by the New Zealand Choir & Orchestra at Lisbon Cathedral - 17h00

January 16 - The duo Air will perform live at Coliseu dos Recreios - 21h00 -

Santiago Alquimista on Rua de Santiago, nº 19 - 218 884 503 - January 17 - Michael Bolton at Coliseu dos Recreios - 20h00 - January 23 - The Casualties at Music Box - 20h00 - February 14 - Joss Stone performs at the Coliseu dos Recreios



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

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Tel: 289 887 212
www.sbcmovies.pt

**Castello Lopes Cinemas**

Tel: 707 220 220
castellolopescinemas.com

**UCI Cinemas**

Tel: 707 232 221
www.uciportugal.pt

**Zon Lusomundo Cinemas**

Tel: 707 246 362
www.zonlusomundo.pt

Film Classification

Sherlock Holmes - M/12
Alvin and the Chipmunks 2 - M/6
Old Dogs - M/12
The Private Lives of Pippa Lee - M/12
Avatar - M/12
Gamer - M/16
Couples Retreat - M/12
Planet 51 - M/6
Paranormal Activity - M/12
The Twilight Saga: New Moon - M/12
Julie & Julia - M/12
A Christmas Carol - M/6
2012 - M/12

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

Title: Sherlock Holmes
Genre: Action | Adventure | Crime | Drama | Mystery | Thriller
Stars: Robert Downey Jr, Jude Law, Rachel McAdams
Director: Guy Ritchie
Synopsis: In a dynamic new portrayal of Sir Arthur Conan Doyle's famous characters, legendary sleuth Sherlock Holmes and his assistant Dr. Watson close yet another successful case after finally catching serial killer and occult 'sorcerer' Lord Blackwood. But when Blackwood mysteriously returns from the grave and resumes his killing spree, Holmes must take up the hunt once again. Revealing fighting skills as lethal as his legendary intellect, the dauntless detective must now unravel the clues that will lead him into a twisted web of murder, deceit and black magic.

*The Private Lives of Pippa Lee*

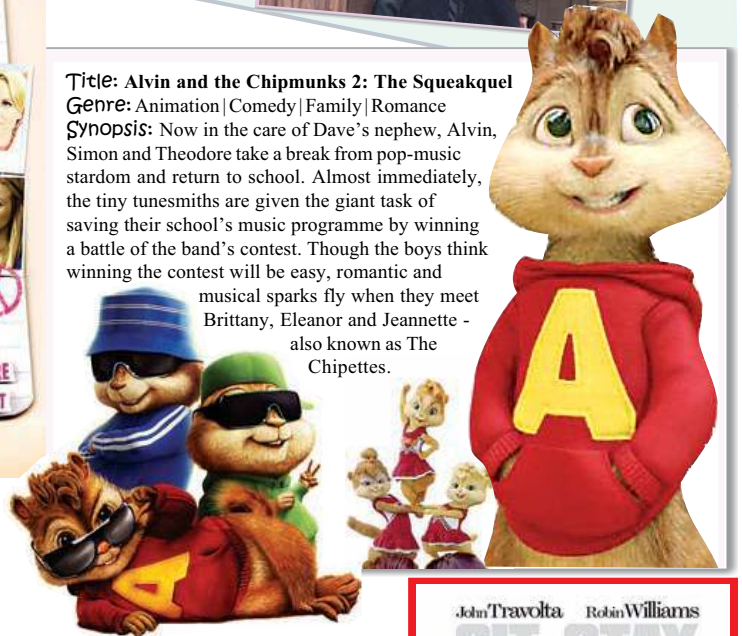
Title: The Private Lives of Pippa Lee
Genre: Drama
Stars: Robin Wright Penn, Alan Arkin, Winona Ryder, Keanu Reeves, Blake Lively, Monica Bellucci
Synopsis: From all outward appearances, Pippa Lee leads a charmed existence. But as Pippa dutifully follows her husband to a new life in a retirement community, her idyllic world and the persona she has built over the course of her marriage will be put to the ultimate test.



Title: Alvin and the Chipmunks 2: The Squeakquel

Genre: Animation | Comedy | Family | Romance
Synopsis: Now in the care of Dave's nephew, Alvin, Simon and Theodore take a break from pop-music stardom and return to school. Almost immediately, the tiny tunesmiths are given the giant task of saving their school's music programme by winning a battle of the band's contest. Though the boys think winning the contest will be easy, romantic and

musical sparks fly when they meet Brittany, Eleanor and Jeannette - also known as The Chipettes.



Title: Old Dogs

Genre: Comedy | Family
Stars: John Travolta, Robin Williams, Kelly Preston, Seth Green
Synopsis: Two best friends - an unlucky-in-love divorcee and a fun-loving bachelor - have their lives turned upside down when they're unexpectedly charged with the care of 7-year-old twins. The bachelors stumble in their efforts, leading to a new-found understanding of what's really important in life.





Statistics seem to prove that Christmas is a time for accidents—both with people and our four footed friends.

painkillers, bad pain with his back legs, he was then put on a diet which did not impress him. Lennie was the one for timing his

Christmas thoughts

Over the years we have done our fair share of rushing to the Vets on Christmas and in the UK Boxing Day—always the most expensive call outs. Our problems however were not Christmas related per se, just my dogs and their 'mummy' games.

Mopett collapsed on Boxing Day, call out for impressive

collapse, one on Boxing Day another on New Years Eve, that was a bad one.

The first Christmas Day we were here we had visitors for dinner who had left our gates open, Julie's Jess escaped and was poisoned, she was off to the Vets and on a drip.

So to a few pieces of advice to avoid some of the problems over Christmas. Most of these are fairly obvious to us but worth remembering.

If you have a real tree keep clearing the needles up daily as they can get stuck in paws, noses and throats. This is always a big worry—real trees have the edge on the other for me how-

ever. I always hide them on a table and behind a coffee table out of the way of dogs and children.

Please avoid having flashing lights on the tree as these can cause the dog to go into attack mode—on the tree. Yes I mean they can attack the tree—I have not seen it but have heard of it. I always 'stop' any flashing lights to be on all the time. Also they can severely unsettle and frighten some dogs.

Secure ALL trailing light wires—especially with pups in the house. I was lucky with my pups, I have done it with the last few pups, they have all been babes at Christmas but by hiding wires and never leaving them

alone all caused no problems.

Decorate the tree with unbreakable baubles—especially here with our tiled floors. Keep tinsel and ribbons up high as that can play havoc with the digestive system. Don't put a white angel or similar on the top of the tree, this is spun glass and if it falls, breaks and they pick any up it will shred the dogs insides if digested.

Alcohol will make your four footed friend very sick—please remove any glasses with small amounts of alcohol in them or you may end up with a dog or cat with a severe hangover.

Festive blooms are poisonous—avoid poinsettias (I have one in the garden that I will monitor more closely), holly and mistletoe—not that I suspect we can find that down here in the sun!

Human chocolate is dangerous, only use doggy chocolate. Dried fruit, Sultanas and nuts are also not recommended, therefore Christmas pud and cake are off limits.

Do not let them overeat on the last over Christmas dinner—I admit I have made this mistake with mine before—I regretted it, you think you are giving them a treat but their digestive system is not designed for turkey with all the trimmings—well my dogs were not anyway and I paid a high price—well messy price. Luckily not a Vet price but I learnt my lesson.

I always remember my first dog, Brandy, a rescue Manchester Terrier, and my second dog

Mopett an Old English Sheepdog, and our first Christmas in our Hotel, we were young with young kiddies. I had prepared all for the big meal—all at the back of the working surfaces and cooker in my very big catering kitchen (we took 44 guests). Off we went with the children for midnight mass! WELL, what we came back to was horrendous. Children to bed fast, Husband locked in front of the telly, pending divorce action. So—they had somehow (OES was only a pup so not big, suspect Brandy had jumped up on the working surface) managed to get half the food down, eaten it—with catastrophic results from the other end. It was everywhere. They had broken out of where we had left them, easily it seemed with no apparent damage to the door. Not only that but Mopett had decided he was bored—obviously I can say now 30+ years later—and decided to rip the very expensive 3 piece suite, I had to have it all reupholstered. Oh dear. I was a mere 30ish and boy did I learn a lot about dogs that Christmas. I am a much wiser person now thank goodness—and still married thank you Jim for your patience with my four footed demons!

My best advice I think is to take the dogs to a long sandy beach and go for a long run—that is my idea of the perfect Christmas morning and I am sure the four footed friends would enjoy that far more than a day with Mum in the kitchen followed by the family eating whilst the dogs just look on!

Have a great and safe one.

Jan Cobley

Paws 4 Pets 916 273 376
www.paws4pets.net

Fabric eating in cats

PICA is the term used for the craving of unusual articles. In animals it is characterised by licking, chewing or sucking foreign materials. A study in 1992 by Neville and Bradshaw showed that of 152 cats which ate fabric, 55% were Siamese, 28% Burmese and 11% were cross breeds. Wool was the most favoured material followed by cotton and then synthetic materials.

Theories why they eat fabric:

1. The cat is over-dependent on the owner eats fabric when separated from them.
2. The cat is kept indoors and denied the opportunity to hunt.
3. Stressful events may trigger the behaviour.
4. It is caused by boredom, lack of stimulation.
5. It is a compulsive disorder, similar to those seen in humans.

How do you treat the situation?

Sometimes denying the cat access to the fabric for as little as a few weeks is enough to break the cycle. Letting your cat outside to hunt can reduce or halt the problem, this can also stop them from becoming over attached to the owner.

However, if this does not prove successful or is not practical, providing the cat with objects to stimulate it may help. Chewing and sucking wool and other fabrics is a stereotypical behaviour, which may occur from lack of stimulation and boredom.

To prevent your cat from being bored, a playmate may help! Alternatively, hiding the food under objects and around the house means they have to forage for food. Many cats will also like toys and chews to occupy their time.

Soaking the fabric in products

containing menthol, eucalyptus or linalin (e.g. hand cream) can put many cats off eating fabric for life.

Many people believe that fabric eating is caused by a lack of fibre in the diet. This is unlikely, however if you do want to test this theory it is not advisable to add bran. Bran increases the fibre content of the diet but it can affect the absorption of other important minerals, causing defi-

ciencies. Try adding vegetables, cooked or raw instead.

My Marmalade, on the other hand, doesn't eat fabric – Just my Hair!

Julie Pickering
Paws 4 Pets 917 152 209
www.paws4pets.net



DON'T WORRY! Do you hate

the thought of putting your 'best friend' in kennels when you go away? Let them be **HAPPY** Ruling the Roost; Hogging the Fire; Eating the Cats Food; etc. etc. at our house. If they're sociable, inoculated and housetrained, they can take up residence and treat our Home and Garden as their own until your return. We are near Silves. **Call: Elaine 962 601 925.**



www.the-news.net

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Albufeira & On-Line

Hi There !

White cat found abandoned in Armção de Pêra. He is super sweet and friendly and is living in the cold and rain. I have been feeding him daily along with other cats in Alcantarilha, also left abandoned, and two dogs, a mother and daughter. I reside in an apartment and have a cat that likes to be the only one. Help me find an owner for this lovely cat. Please call: Alvaro Pinto on 922 021 873

We have many puppies & kittens waiting for a nice loving home. Many different sizes and colours. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

DENISE is a 3 months old female puppy of a medium size breed that was found on the road. She must have been in some kind of accident that resulted in an open wound on her head. The wound healed and she is a healthy happy puppy but she has a visible scar and her fur will probably not grow there. Which means that in Portugal, where majority of people want perfect dogs, she will end up staying forever in the shelter. Think about giving her a home. Go to our webpage: www.bianca.pt/ english or contact us at: sesimbra.bianca@gmail.com

Bianca

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.40 FILM: Herbie: Fully Loaded (2005). Disney comedy sequel, starring Lindsay Lohan and Michael Keaton. (T) 1.15 BBC News; Regional News; Weather. (T) 1.30 FILM: Bridge to Terabithia (2009). Premiere. Fantasy drama, starring Josh Hutcherson. (T) 3.00 FILM: Flushed Away (2006). Premiere. Animated adventure, featuring the voice of Hugh Jackman. (T) 4.20 BBC News; Regional News; Weather. (T) 4.40 FILM: Wallace and Gromit in The Curse of the Were-Rabbit (2005). Oscar-winning animated adventure, with the voice of Peter Sallis. (T)

6.00 Total Wipeout - Celebrity Special. Richard Hammond presents the first of two celebrity specials, in which 10 famous faces travel to Argentina to take on the extreme obstacle course in a bid to win #10,000 for their chosen charity. The contestants facing such challenges as the Slide, Sucker Punch and, of course, the Big Balls are I'm a Celebrity winner Josi Swash, fitness expert and choreographer Kevin Adams. Strictly Come Dancing professionals James and Ola Jordan, Waterloo Road actor Luke Bailey, comedian Tim Vine, vocal coach Carrie Grant, one-time Emmerdale actress Adele Silva, record-breaking javelin thrower Fatima Whitbread and TV presenter Kaye Adams. Some will fall by the wayside, while others will make it through to the Sweeper, taking them one step closer to the final - and as usual, Amanda Byram will be on the spot to chat to the contestants about their performances. (T)

7.00 EastEnders. Roxy finds her sister cradling their bloodied father in the Vic and Ronnie is later revealed to be the prime suspect in the murder when she is arrested by two police officers. As news of Archie's demise spreads around the Square, Janine appears genuinely shocked by his death. Meanwhile, Bianca and Ricky revel in their new-found happiness. (T)

7.30 FILM: Pirates of the Caribbean: At World's End (2007). Premiere. The heroes set out to rescue Captain Jack Sparrow from the land of the dead. Fantasy adventure sequel, with Johnny Depp and Geoffrey Rush. (T)

10.05 The National Lottery Draws. Carole Machin sets the balls rolling to decide the all-important numbers in the Thunderball, Dream Number and Lotto draws. (T)

10.15 BBC News; Weather. (T)

10.25 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including Birmingham City v Chelsea at St Andrews and Fulham v Tottenham Hotspur at Craven Cottage. Chelsea last tasted defeat against Birmingham in 1980 and completed the double over City when they were last in the top flight two seasons ago, while the Cottagers were looking for a repeat of last term's 2-1 victory over Spurs; (T) National Lottery Update. (T)

11.50 The Football League Show. Including highlights of Queens Park Rangers v Bristol City; (T) Weathering. (T)

1.10 FILM: Bull Durham (1988). Baseball comedy drama, starring Kevin Costner and Susan Sarandon. (T) 2.55 BBC News. (T)



Pick of the Day

Ant & Dec's Christmas Show, ITV1, 7.30pm

Put on your Christmas socks, crack open another selection box, and clear a space among the discarded wrapping paper on the sofa - because Ant & Dec are opening their doors and inviting you in for mulled wine and a big barrel of laughs. Set inside Santa's Cabin, complete with roaring fire, stockings and a talking mouse head and filmed in front of a studio audience, the boys will welcome a whole host of showbiz friends to join in the celebrations. Donning their Christmas jumpers, Ant and Dec will be in full festive mood as they welcome special guests, including pop legend Robbie Williams, through their front door to come in and join the party. There'll be festive fun when Britain's Got Talent judges Piers Morgan and Amanda Holden go head to head in some traditional Christmas party games. Expect surprises aplenty for unsuspecting members of the audience, musical performances to blow the viewers' novelty socks off, including a special Christmas number from Robbie himself, and renditions at the front door from resident carol singers, The Saturdays. And with a host of comedy sketches featuring Ant and Dec and all their guests there's sure to be lots of laughter.

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingü. (R) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.15 Dennis and Gnasher; (R) (T) Bernard. (R) (T) 7.30 Prank Patrol. (R) (T) 8.00 Shaun the Sheep. (R) (T) 8.05 Shaun the Sheep. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 The Basil Brush Show. (R) (T) 9.00 Bear Behaving Badly. (T) 9.25 Dani's House. (R) (T) 9.55 Sam & Mark's Guide to Dodging Disaster. (R) (T) 10.20 The Story of Tracy Beaker. (R) (T) 10.50 Living Famously. (R) (T) 11.50 BBC Proms 2009. (T) 1.55 FILM: An American in Paris (1951). Gershwin romantic musical, starring Gene Kelly and Leslie Caron. (T) 3.45 Some Mothers Do 'Ave 'Em. (R) (T) 4.30 Final Score. (T) 5.05 Hamlet. (T) 8.10 Victorian Farm Christmas. Ruth Goodman joins food historian Ivan Day to make a Dickens-style Christmas pudding, and the team gathers for a festive celebration in the school hall. Last in the series. (R) (T) 9.10 The Morecambe and Wise Christmas Show. Festive fun with the ever-popular comedy duo and guests Vanessa Redgrave, Hannah Gordon, Rudolf Nureyev, Laurence Olivier and Andre Previn, all proving they are game for a laugh. (R) (T) 10.15 The Story of Slapstick. (T) 11.15 The Young Ones. (R) (T) 11.45 Shooting Stars. (R) (T) 12.15 FILM: Carry On Follow That Camel (1966). Comedy, with Jim Dale. (T) 1.50 FILM: Build My Gallows Home (1947). Film noir, starring Robert Mitchum. (T) (bw) 3.20 Close.

C4

6.10 Sali Mali. (R) (T) 6.15 Planet Cook. (R) (T) 6.35 Yo Gabba Gabba. (R) (T) 7.00 Freeports on 4. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: T4's Stars of 2009. (R) (T) 11.55 T4: 90210. (T) 12.50 T4: Scrubs. (R) (T) 1.20 T4: Scrubs. (R) (T) 1.50 Channel 4 Racing from Kempton Park, Wetherby and Wincanton. Including the 3.05 William Hill King George VI Chase (3m). (T) 4.05 Celebrity Come Dine with Me Extra Portions. (R) (T) 4.35 Celebrity Come Dine with Me Extra Portions. (R) (T) 5.05 Celebrity Come Dine with Me Extra Portions. (R) (T) 6.05 Deal or No Deal. (T) 7.05 Channel 4 News. (T) 7.10 FILM: Crocodile Dundee (1986). An Australian hunter with a larger-than-life reputation heads for the urban jungle of Manhattan. Comedy, starring Paul Hogan and Linda Kozlowski. (T) 9.00 Decoded: Dan Brown's Lost Symbol. Tony Robinson searches for the truth behind Dan Brown's latest blockbuster. (T) 10.00 The Real Da Vinci Code. Tony Robinson travels to the Middle East, Europe and Glastonbury on a personal quest to uncover the truth about the Holy Grail. (T) 11.05 The Big Fat Quiz of the Year 2005. (R) (T) 1.05 FILM: Aeon Flux (2005). Premiere. Sci-fi adventure, with Charlize Theron. 2.40 The Truth About Street Weapons. (R) (T) 2.50 The Dead Zone. (R) (T) 3.35 The Hills. (T) 4.00 The Hills. (T) 4.25 The Hills. (T) 4.50 St Elsewhere. (R) (T) 5.40 One Tree Hill. (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Bop Box. (R) (T) 7.10 Fireman Sam. (R) (T) 7.20 The WotWots. (R) (T) 7.35 Rupert Bear. (R) (T) 7.45 Hana's Helpline. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.40 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Milkshake! Bop Box. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 NFL UK. (T) 11.00 FILM: The Angel of Pennsylvania Avenue (1996). Depression-era drama, starring Diana Scarwid. (T) 1.00 FILM: Snow White (2001). Fairy-tale fantasy, starring Kristin Kreuk. (T) 2.50 Titanic. (R) (T) 6.20 Heads or Tails. (T) 7.10 Five News. (T) 7.15 CSI: Grissom's Greatest. Warrick tries to solve the murder of a gang member. (R) (T) 8.05 CSI: Grissom's Greatest. Grissom is unconvinced that a death on a building site was suicide, while Catherine and Nick doubt a psychiatrist's claim that a youngster died during an epileptic seizure. (R) (T) 9.05 CSI: Grissom's Greatest. A rare-book restorer's body is found locked inside a temperature-controlled cage, and the only witness is an autistic employee with a photographic memory. (R) (T) 10.05 CSI: Grissom's Greatest. (R) (T) 11.05 CSI: Grissom's Greatest. (R) (T) 12.00 SuperCasino. 4.00 House Doctor. (R) (T) 4.25 T! Death. 4.50 Rough Guide to Short Breaks. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.25 CITV: Captain Mack. (T) 5.35 Paz. (T) 5.40 Captain Mack. (T) 5.55 ITV Morning News. (T) 6.00 GMTV. 9.25 Christmas Cooks Challenge. (T) 10.25 All Star Mr & Mrs Christmas Special. (R) (T) 11.25 I Dreamed a Dream: The Susan Boyle Story. (R) (T) 12.25 News and Weather. (T) 12.40 FILM: Racing Stripes (2004). Family adventure, starring Hayden Panettiere. (T) 2.30 Goodnight Mister Tom. (R) (T) 4.40 FILM: March of the Penguins (2005). Premiere. Oscar-winning documentary, narrated by Morgan Freeman. (T)

6.15 ITV News and Weather. (T)

6.30 Harry Hill's TV Burp Review of the Year. The big-collared comic offers a typically crazy look back at the year on the small screen, focusing on the programmes viewers thought he had missed during the break between series of TV Burp. Expect songs, sketches, celebrity guests and probably even the odd gift as Harry casts his comedy net far and wide. (T)

7.00 You've Been Framed at Christmas! Harry Hill narrates a yuletide special featuring festive faux pas and seasonal slip-ups from the archive vault of shame. (T)

7.30 Ant & Dec's Christmas Show. The George duo present this festive special, with Robbie Williams, Amanda Holden, Piers Morgan and the Saturdays dropping in for a mixture of songs, sketches and games. (T)

8.45 All Star Family Fortunes Christmas Special. Vernon Kay presents a battle of the soaps as the Websters from Coronation Street take on Emmerdale family the Kings, playing for the chance to win up to #30,000 for charity. (T)

9.30 The All Star Impressions Show. Celebrities are transformed into comedy versions of familiar faces in this one-off special, featuring impersonations and sketches. Ulrika Jonsson does himself as the impersonation, David Gossie gives the audience his Tom Jones, and Joe Pasquale transforms into Lady Gaga. Other send-ups on offer include Les Dennis as Jasper Carrott, Jerry Hall as Katie Price, and Tim Healy and Paul Daniels as an older incarnation of Ant and Dec. The programme also features a cameo from Harry Hill, a live performance by JLS, and the talents of impressionist Stevie Nicks, as well as contributions from Claire Sweeney, Bobby Davro and Sally Lindsay. Hosted by Stephen Mulhern. (T)

10.30 ITV News and Weather. (T)

10.45 Above Suspicion. When several young women are brutally murdered, DC Anna Travis uncovers evidence that seems to link an actor with the victims. Drama, by Lynda La Plante. (T)

12.40 FILM: The Graduate (1967). Oscar-winning comedy drama, starring Dustin Hoffman. (T) ITV News Headlines. 2.25 Six Degrees. (R) (T) 3.10 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1515 The Vampire Diaries, series 1615 Programa das Festas 1900 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Conta-me Como Foi 2215 Danga Comigo no Gelo 0045 Carça Pesada 0130 Lipstick Jungle, series 0300 Top+ 0415 Telesales

RTP2

0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Film 1400 Parlamento 1500 Sports 1900 Artes de Rua 1930 City Folks 2009 2000 Bastidores 2030 Documentary 2155 A Hora da Sorriso 2200 News 2240 Film 0120 Film 0230 Sports 0630 Euronews

SIC

0600 Etnias 0645 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 Our World 1300 News 1400 Film 1600 Film 1815 Film 2000 News 2100 Perfilto Coração 2215 Film 0015 Film 0230 Quando o Telefone Toca

TVI

0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Uma Canção Para Ti 1615 Film 1815 Film 1815 Film 2000 News 2115 Meu Amor 2215 Deixa Que Te Leve 2330 Ele é Ela 0030 The Producers, film 0300 Sempre a Somar 0430 Cashmere Mafia, series 0530 Telesales

BBC3

7.00 The Gruffalo 7.30 EastEnders: The Sins of Archie Mitchell 8.25 Film: Father of the Bride PG (1991) 10.50 Family Guy 10.25 Family Guy 10.50 EastEnders 11.20 EastEnders: The Sins of Archie Mitchell 12.15 Film: Father of the Bride Part II PG (1995) 1.55 Two Pints of Lager and a Packet of Crisps 2.25 Two Pints of Lager and a Packet of Crisps 2.55 the noughties - was that it? 5.25 Close

BBC4

7.00 The Orson Welles Sketchbook 7.15 Film: The Third Man PG (1949) 9.00 Wallander 10.30 Charlie Brooker's Screenwipe Review of 2009 11.10 We Need Answers 11.40 Cowards 12.10 The Secret Life of the Motorway 1.10 The Secret Life of the Motorway 2.10 The Secret Life of the Motorway 3.10 Caravans: A British Love Affair 4.10 Close

ITV2

1.35 Stars on the Street 2.40 Who Wants to Be a Millionaire? Christmas Special 3.40 You've Been Framed and Famous! 4.40 Coronation Street 5.40 Emmerdale 6.40 Creature Comforts 7.10 Creature Comforts 7.25 Film: Jack Frost PG (1998) 9.30 Film: Notting Hill 15 (1999) 11.55 Harry Hill's TV Burp Review of the Year 12.25 Film: The Fugitive 15 (1993) 3.00 Teleshopping 5.00 Gossip Girl 5.45 ITV2 Nightscreen

Sky1

2.00 Noel's Christmas Presents 2009 3.30 Got to Dance Warm Up 4.30 Futurama 5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter Than Your Ten Year Old? 7.00 The Simpsons 7.30 Noel's Christmas Presents 2009 9.00 Got to Dance Warm Up 10.10 Minute Tales 10.10 War Torn Warriors 11.10 Modern Family 11.40 Ross Kemp: Behind the Story 12.10 Ross Kemp: Remember Afghanistan 1.10 UK Border Force 2.05 Road Wars 3.00 Prison Break 3.50 Prison Break 4.40 Hello Goodbye 5.05 Lost

GOLD

1.45 Only Fools and Horses 3.30 Only Fools and Horses 5.10 Only Fools and Horses 7.05 Only Fools and Horses 8.35 Only Fools and Horses 10.15 Only Fools and Horses 12.40 Gimme Gimme Gimme 12.40 Hippies 1.20 Waiting for God 2.00 Gimme Gimme Gimme 2.30 Hippies 3.00 Close

TCM

1.05 Posse PG (1975) 3.00 Rebel Without a Cause PG (1955) 5.05 My Giant PG (1998) 7.05 The Big Trees PG (1952) 9.00 The Adventures of Priscilla, Queen of the Desert 15 (1994) 11.00 Caddyshack II PG (1988) 12.55 The First Deadly Sin (1980) 3.00 Teleshopping 5.00 Posse PG (1975)

The Disney Channel

Kids' programmes from 7am

Sky Movies Drama

6.45 On Broadway 12 (2007) 8.30 A Christmas Wedding PG (2006) 10.00 The Top 10 Show 10.15 Charlie Wilson's War 15 (2007) 12.00 Changing 15 (2008) With Angelina Jolie. 2.30 The Bucket List 12 (2008) With Jack Nicholson. 4.15 The Other Boleyn Girl 12 (2008) With Natalie Portman. 6.15 Nights in Rodanthe PG (2008) With Richard Gere. 8.00 Changing 15 (2008) With Angelina Jolie. 10.30 Coyote Ugly 12 (2000) With Piper Perabo. 12.15 What's Love Got to Do with It 18 (1993) With Angela Bassett. 2.15 The Postman Always Rings Twice 18 (1981) With Jack Nicholson. 4.20 Malpractice PG (2001)

Sky Movies Comedy

6.50 The Game Plan U (2007) 8.45 Trading Places 15 (1983) 10.45 Role Models 15 (2008) 12.30 Brewster's Millions PG (1985) With Richard Pryor. 2.15 The Game Plan U (2007) With Dwayne Johnson. 4.15 Fool's Gold 12 (2008) With Matthew

McConaughey. 6.15 Beverly Hills Cop II 15 (1987) With Eddie Murphy. 8.00 Role Models 15 (2008) With Paul Rudd. 9.45 Trading Places 15 (1983) With Dan Aykroyd. 11.45 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.45 Fool's Gold 12 (2008) With Matthew McConaughey. 3.40 Brewster's Millions PG (1985) 5.25 It Takes Two U (1996)

Sky Movies Action/Thriller

6.30 The Italian Job PG (1969) 8.15 The Mummy 12 (1999) 10.20 Rumble in the Bronx 15 (1995) 11.55 Hancock 12 (2008) With Will Smith. 1.35 The Bank Job 15 (2008) With Jason Statham. 3.30 The Italian Job PG (1969) With Michael Caine. 5.15 The Mummy 12 (1999) With Brendan Fraser. 7.20 Hancock 12 (2008) With Will Smith. 9.00 Taken 15 (2008) With Liam Neeson. 10.40 Rumble in the Bronx 15 (1995) With Jackie Chan. 12.15 Taken 15 (2008) With Liam Neeson. 2.00 F/X: Murder by Ilusion 15 (1986) With Bryan Brown. 4.00 Avatar Special 4.30 The Return of the Musketeers PG (1989)

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TODAY



SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v Pakistan. 7.00 Premier League Preview 7.30 Super League 8.00 Net Crackers 8.30 Premier League Preview 9.00 Soccer Am 12.00 Soccer Saturday 12.30 Live Football League. Sheffield Wednesday v Newcastle United (Kick-off 12.45pm). 3.00 Soccer Saturday 5.30 Live Saturday Night Football. Leicester City v Sheffield United (Kick-off 6.00pm). 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Football First 5.45 Sky Sports Classics

Sky Sports 2

6.00 Super League 6.30 Golf 7.30 Live Test Cricket. South Africa v England. 3.30 Super League 4.00 Live Premiership Rugby Union. Worcester Warriors v Northampton Saints (Kick-off 4.15pm). 6.30 Test Cricket 7.30 Test Cricket 9.30 Living With The Pride 11.25 Live Test Cricket. Australia v Pakistan.

Sky Sports 3

6.00 Sports Unlimited 7.00 Football League Weekend 8.00 Tight Lines 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 NFL 3.00 NFL: America's Game 4.00 WWE: Smackdown 6.00 WWE: Bottom Line 7.00 NFL 9.00 WWE: Late Night - Superstars 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Knockouts of 2009 2.30 NFL 4.30 Knockouts of 2009 5.00 Sports Unlimited

British Eurosport

7.30 FIFA 2010 World Cup Preview 7.45 FIFA 2010 World Cup Preview 8.00 Planet Armstrong 8.30 Incredible Dog Challenge 9.35 Strongest Man 10.30 Race of Champions 11.30 Race of Champions 12.30 World Superbikes 2.00 MotoGP 4.00 British Superbikes 5.00 UEFA Champions League Classics 6.00 UEFA Champions League Classics 8.15 Strongest Man 9.15 On Tour with Mark Cavendish 10.15 Cycling: Tour de France 10.45 Planet Armstrong 11.15 Fight Club 1.20 Close

Sky Sports Xtra

6.00 Race World 7.00 World Sport 7.30 Elite League Ice Hockey 9.30 Rugby Union 11.00 Racing News 11.30 World Sport 12.00 Tight Lines 1.00 Max Power 2.00 Elite League Ice Hockey 4.00 NFL 6.00 Max Power 7.00 Great Run Series 8.00 Premiership Rugby Union 9.30 Super League 10.00 Knockouts of 2009 10.30 Max Power 11.30 Rugby Union 1.30 Premiership Rugby Union 3.00 Super League 3.30 Knockouts of 2009 4.00 World Sport 4.30 Super League 5.00 Max Power

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BBC1

6.00 Breakfast. (T) 7.50 Match of the Day. (R) (T) 9.15 FILM: Spirit: Stallion of the Cimarron (2002). Animated adventure, with the voice of Matt Damon. (T) 10.30 FILM: Paulie (1998). Family adventure, starring Gena Rowlands. (T) 11.55 BBC News: Weather for the Week Ahead. (T) 12.05 EastEnders. (T) 3.05 FILM: Chicken Run (2000). Animated comedy, with the voices of Mel Gibson and Julia Sawalha. (T) 4.25 Songs of Praise. (T)

5.00 Weakest Link. Anne Robinson tests the general knowledge of nine West End theatre stars, including Chicago's Ian Kelsey, Mazz Murray from We Will Rock You and Grease actor Noel Sullivan. (T)

6.00 BBC News: Regional News; Weather. (T) 6.30 Comic Relief: The Net Result. Celebrities help to distribute mosquito nets in Uganda. (T)

7.30 Celebrity Mastermind. New series. John Humphrys puts musician Goldie, presenter Paul O'Grady, former Olympian Gail Emms and foodie Loyd Grossman through their paces. (T) 8.00 Casualty. The trainees are hailed as heroes and May finally feels like a doctor after saving the victims of a car accident. Adam snaps when Sean goes too far, and Ruth lets her guard down. (T)

9.00 **Cranford**. Conclusion of the two-part special. The women of Cranford are excited about the imminent visit of Lady Glenmire, until the Hon Mrs Jamieson announces that none of them is of high enough social standing to meet her - so Miss Matty leads the Amazons in snubbing both the newcomer and her hostess. But sociable Lady Glenmire is quick to offer an olive branch by hosting a memorable Halloween party, which results in the forging of new friendships. Mr Buxton is impressed by Edward Bell's ambitions, so takes him on as land agent, only for the new employee to make a disastrous decision that has dire consequences for both himself and his sister Peggy. Meanwhile, Matty is distressed when a surprising discovery about one of her close circle results in a serious falling out among the friends, and when tragedy strikes the town, she fears Cranford may never recover. Judi Dench, Celia Imrie and Jonathan Pryce star. (T) 10.30 Outnumbered Christmas Special. It is Boxing Day in the Brockman household and Santa has paid a visit - along with some burglars. Karen is obsessing about a missing hamster and mum Sue is trying to find Grandad. (T)

11.10 BBC News: Regional News; Weather. (T) 11.30 FILM: American Flyers (1985). Drama, starring Kevin Costner and David Grant; (T) Weatherview. (T)

1.25 Sign Story: Holly City. (R) (T) 2.25 FILM: Bridge to Terabithia (2006). Fantasy drama, starring Josh Hutcherson. (T) 3.55 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Uncle Max. (R) (T) 7.15 OOgles. (R) (T) 7.30 Prank Patrol. (R) (T) 8.00 Shaun the Sheep. (R) (T) 8.05 Shaun the Sheep. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 The Basil Brush Show. (R) (T) 9.00 Bear Behaving Badly. (R) (T) 9.05 Bernard. (R) (T) 9.25 Dani's House. (T) 9.30 Bernard. (R) (T) 10.00 Animal Park. (R) (T) 10.30 The Pixar Story. (T) 11.55 FILM: Gigi (1958). Oscar-winning romantic musical, starring Leslie Caron. (T) 1.45 Campion. (R) (T) 3.35 Coast. (R) (T) 4.35 FILM: The Heroes of Telemark (1965). World War Two thriller, starring Kirk Douglas. (T) 6.45 James May's Toy Stories. (R) (T) 7.45 Top Gear Bolivia Special. The team uses second-hand 4x4s to negotiate the Amazon basin and reach Chile. (T) 9.00 Steve Coogan: The Inside Story. Tribute to the comedian who brought the world Alan Partridge, Paul and Pauline Calf, and Tony Ferrino. Contributors include Vic and Bob, Rob Brydon, Victoria Wood and Julia Davis. (T) 10.00 Knowing Me, Knowing You. With Alan Partridge. Christmas special of the spoof chat show from 1995. (R) (T) 10.45 Match of the Day 2. (T) 11.35 I'm Alan Partridge. (R) (T) 12.05 I'm Alan Partridge. (R) (T) 12.35 QI. With David Tennant, Bill Bailey and Lee Mack. (R) (T) 1.05 Defying Gravity. (R) (T) 1.50 FILM: Farewell My Lovely (1944). Crime drama, starring Dick Powell. (T) (bw) 3.20 BBC News. (T) 3.55 Close.

Pick of the Day

Cranford, BBC1, 9pm

The opening edition of this two-part special reintroduced viewers to Miss Matty Jenkyns, one of Judi Dench's most adorable small screen characters. Despite her outstanding performance, the Oscar-winning actress admits that she wouldn't want to go back in time on a permanent basis. "I wouldn't have liked to have lived back then - all that washing!" she laughs. "Mind you, when I was little we didn't have a dishwasher, we didn't have a washing machine - we didn't have any of those things. But I might have liked to experience the community of the people, which is what is important." But what they did have in York, where Judi grew up, is the railway - which is at the heart of all the problems currently besetting Cranford and its residents. Meanwhile, Miss Matty is horrified when she and her friends are told they are not aristocratic enough to rub shoulders with Lady Glenmire, a newcomer in their midst. Miss Matty is also concerned about Peggy, who looks set to make a personal sacrifice for the sake of her family - something her elderly friend can deeply sympathise with. Celia Imrie, Barbara Flynn and Jodie Whittaker co-star.

C4

6.25 The Treacle People. (R) (T) 6.35 Yo Gabba Gabba. (R) (T) 7.00 Ocean Race. (R) (T) 7.55 The Great Swim Series. (R) (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: Chipmunk: T4 Special. (T) 10.30 T4: Hollyoaks. (T) 1.30 T4: 90210. (T) 2.35 T4: Friends. (R) (T) 3.10 T4: 4Music Favourites: Black Eyed Peas. (R) (T) 3.45 T4: The Simpsons. (R) (T) 4.20 T4: The Simpsons. (R) (T) 4.50 FILM: Crocodile Dundee II (1988). Comedy adventure sequel, starring Paul Hogan. (T) 6.50 Channel 4 News. (T) 7.00 Tsunami: Where Was God? Former Dominican Friar Mark Dowd travels to the areas of Thailand, India and Indonesia that were worst affected by the 2004 Boxing Day disaster to meet survivors. He tries to understand how they have reconciled death and destruction with their faiths. Through interviews with religious leaders, victims and refugees, Dowd investigates Islam, Buddhism and Hinduism and their followers' ability to answer the theological conundrum. (R) (T) 9.00 The Greatest TV Shows of the Naughties. Examining the results of a poll to find the 20 most popular TV programmes of the past decade, including Doctor Who, The Wire, Planet Earth, The Apprentice, Big Brother and Friends. (T) 10.35 The Big Fat Quiz of the Year 2006. (R) (T) 12.40 Hits and Headlines: Christmas Number Ones 95-08. 2.35 Deadline Catch. (T) 3.25 The Truth About Street Weapens. (R) (T) 3.35 The Hills. (T) 4.20 The Hills. (T) 4.45 The Hills. (T) 5.10 One Tree Hill. (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Box Box. (R) (T) 7.10 Fireman Sam. (R) (T) 7.25 Rupert Bear. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.45 The WotWots. (R) (T) 7.55 Chiro. (R) (T) 8.00 Make Way for Noddy. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.35 Roobarb and Custard Too. (R) (T) 8.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 Shake!: Snobs. (R) (T) 10.35 Wizards of Waverly Place. (T) 11.10 Hannah Montana. (T) 11.45 A Concert for Christmas with Andre Rieu. (T) 12.30 FILM: Alice in Wonderland (1999). Fantasy, starring Tina Majorino. (T) 3.15 FILM: The Remains of the Day (1993). Period drama, starring Anthony Hopkins and Emma Thompson. (T) 5.50 Five News. (T) 6.00 Heads or Tails. (T) 7.00 Mamma Mia!: Where Did It All Go Right? Documentary about the success of musical Mamma Mia! (R) (T) 8.00 The Abba Years. The success of the Swedish group, exploring the flamboyant outfits, hit records, successful spin-offs, marriages and break-ups. Featuring interviews with the band members. (R) (T) 9.00 Thirteen: Conspiracy. An amnesiac becomes a scapegoat when the first female US president is assassinated, prompting him to uncover a far-reaching conspiracy. Thriller, starring Stephen Dorff. (T) 11.45 Bourne Identity: The True Story. (T) 12.45 NFL Live: A top game. 4.40 NFL Classic. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.25 CITV: Captain Mack. (T) 5.35 Paz. (T) 5.40 Captain Mack. (T) 5.55 ITV Morning News. (T) 6.00 GMTV. 9.25 The Planet's Funniest Animals. (T) 9.55 Coronation Street. (T) 12.10 FILM: Home Alone 4 (2002). Comedy sequel, starring Mike Weinberg. (T) 1.50 News and Weather. (T) 1.59 London Weather. (T) 2.00 Ant & Dec's Christmas Show. (R) (T) 3.15 FILM: The Scorpion King (2002). Fantasy action adventure, starring Dwayne Johnson. (T)

5.00 London Tonight: Weather. (T)

5.15 ITV News and Weather. (T)

5.30 Harry Hill's TV Burp Review of the Year. The big-collared comic looks back at memorable small-screen moments from 2009, picking up on some of the highlights he missed during the break between series of TV Burp. (R) (T)

6.00 Dancing on Ice: The Story of Bolero with Torvill and Dean. Documentary celebrating the skating duo's gold medal-winning performance. (R) (T)

7.00 Midsomer Murders. Barnaby and Jones are called away from a team-building exercise to investigate a fatal explosion at a haulage yard in Calham Cross. The yard is owned by Territorial Army commanding officer Matt Parkes, the father of a businessman whose ruthlessness in the boardroom is matched only by his behaviour toward women. To complicate matters, the village is also home to a peace protester and a grieving mother - and Barnaby has to decide if any of these locals is capable of arson and murder. John Nettles and Jason Hughes star, with Tim Pigott-Smith, Joseph Millson, Niarm Cusack, Judy Parfitt and Nick Fletcher. (R) (T)

9.00 FILM: The Holiday (2006). Premiere. Two single women living on opposite sides of the Atlantic swap houses for Christmas. Romantic comedy, starring Cameron Diaz and Kate Winslet. (T)

11.35 ITV News and Weather; Weather. (T)

11.50 FILM: Mermadies (1990). Romantic comedy, starring Cher and Winona Ryder. (T)

1.40 Premiership Rugby Union; ITV News Headlines.

2.35 Traffic. (R) (T) 4.00 ITV Nightscreen.

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1300 News 1415 S6o Visto 1530 V 1series 1600 TBA 2000 News 2100 As Escalinas de Marcelo Rebelo de Sousa 2300 O Último Passageiro 2345 Hora da Sorte: Sorteio do Joker 0000 Film 0145 Film 0330 S6o Visto 0415 Teleales 0605 N6s

RTP2
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 N6s 1100 Iniciativa 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 Biosfera 1345 Documentary 1445 A Voz do Cidadão 1500 Sports 1900 Couto & Coutadas 1930 Alma e Gente 2000 The Simpsons 2100 Documentary 2200 News 2230 Câmara Clara 2340 Documentary 0040 Ona Curta 0140 Sports 0515 Euronews

SIC
0630 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Film 1615 Film 1800 Film 2000 News 2100 Perfilto Coração 2200 Ídolos 0015 Film 0230 Quando o Telefone Toca

TVI
0700 Children's TV 0900 Smackdown, wrestling 1000 Inspector Max 1100 Mass 1300 News 1400 Film 1615 Film 1830 Portugal de Olhos em Bico 2000 News 2115 Deixa Que Te Leve 2215 Uma Canção Para Ti 0030 Man on Fire, film 0300 Sempre A Somar 0415 Autores 0500 Teleales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Doctor Who 8.00 Snog, Marry, Avoid? - Top Ten Shockers 9.00 Most Annoying People 2009 11.30 Family Guy 11.50 Family Guy 12.15 Gavin & Stacey 12.45 Most Annoying People 2009 3.15 Gavin & Stacey 3.45 Snog, Marry, Avoid? - Top Ten Shockers 4.45 Don't Get Screwed 5.15 Close

BBC4
7.00 Art of Russia 8.00 Film: The Magnificent Ambersons PG (1942) 9.30 Orson Welles Over Europe 11.00 Arena: The Orson Welles Story 11.55 Film: The Stranger PG (1946) 1.30 The Orson Welles Sketchbook 1.45 Orson Welles Over Europe 2.45 Cranford Under the Bonnet 3.15 Art of Russia 4.15 Close

ITV2
1.00 Harry Hill's TV Burp Review of the Year 1.30 Take That Come to Town 2.30 Take That: Backstage at the Circus 3.30 Take That: The Circus Live 5.00 Film: Casper PG (1995) 7.00 Film: The Polar Express U (2004) 9.00 New You've Been Framed! 10.00 Film: National Lampoon's Christmas Vacation PG (1989) 12.00 Film: Throw Momma from the Train 15 (1987) 1.40 Ghosthunting with Coronation

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Street 3.20 Teleshopping 4.50 Gossip Girl 5.35 ITV2 Nightscreen **Sky1**
2.05 Grease: The School Musical 2.30 Grease: The School Musical 3.30 Bones 4.30 Noel's Christmas Presents 2009 6.00 Got to Dance Warm Up 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 Modern Family 9.00 The Simpsons 9.30 The Simpsons 10.00 10 Minute Tales 10.10 War Torn Warriors 11.10 Modern Family 11.40 Ross Kemp Behind the Story 12.10 Ross Kemp Remembers Gangs 1.10 UK Border Force 2.10 Road Wars 3.00 Lost 3.50 Lost 4.40 Lost 5.35 Hello Goodbye

GOLD
1.20 Whatever Happened to the Likely Lads? 2.00 The Good Life 2.40 The Two Ronnies: Old Fashioned Mystery 4.00 Posh Nosh 4.10 The Thin Blue Line 4.50 The Thin Blue Line 5.35 Blackadder the Third 6.15 Blackadder Goes Forth 6.55 The Green Green Grass 7.55 Only Fools and Horses 9.00 The Royle Family 9.55 The Royle Family 10.35 The Royle Family 11.15 The Royle Family 11.50 The Royle Family 12.45 The Royle Family 1.25 The Royle Family 2.05 The Royle Family 2.35 The New Adventures of Old Christine 3.00 Close

TCM
1.00 The Time Machine PG (1960) 3.00 The Champ PG (1979) 5.30 Mutiny on the Bounty 15 (1962) 9.00 Apocalypse Now 18 (1979) 12.00 Heart of Darkness 15 (1993) 2.00 Mark of the Vampire PG (1935) 3.00 Teleshopping 5.00 The Time Machine PG (1960)
The Disney Channel
Kids' programmes from 7am, except: 9.00 Film: Camp Rock PG (2008) Musical, starring Demi Lovato.

MOVIES

Sky Movies Drama

6.00 Lions for Lambs 15 (2007) 7.35 The Last of the Mohicans 15 (1992) 9.35 PS I Love You 12 (2007) 11.45 Schindler's List 15 (1993) With Liam Neeson. 3.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 5.00 Rules of Engagement 15 (2000) With Tommy Lee Jones. 7.10 No Reservations PG (2007) With Catherine Zeta-Jones. 9.00 PS I Love You 12 (2007) With Hilary Swank. 11.10 When a Man Loves a Woman 15 (1994) With Andy Garcia. 1.20 A Civil Action 15 (1998) With John Travolta. 3.20 Body Shots 18 (1999) 5.15 Gideon PG (1999)

Sky Movies Comedy

7.10 The Christmas Clause PG (2008) 8.55 The Top 10 Show 9.15 Over Her Dead Body 12 (2008) 10.55 Tropic Thunder: The Director's Cut 15 (2008) 1.00 Be Kind Rewind 12 (2008) With Jack Black. 2.45 The Christmas Clause PG (2008) With Lea Thompson. 4.30 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 6.10 Beverly Hills Cop III 15 (1994) With

Eddie Murphy. 8.00 Tropic Thunder: The Director's Cut 15 (2008) With Ben Stiller. 10.05 Pineapple Express 15 (2008) With Seth Rogen. 12.00 Be Kind Rewind 12 (2008) With Jack Black. 1.45 35MM 2.15 Pineapple Express 15 (2008) With Seth Rogen. 4.10 Leap of Faith PG (1992)

Sky Movies Action/Thriller

6.35 Copperhead 18 (2008) 8.20 Butterfly on a Wheel 15 (2007) 10.10 I Am Legend 15 (2007) 11.55 Babylon AD 15 (2008) With Vin Diesel. 1.40 Goin' 60 Seconds 15 (2000) With Nicolas Cage. 3.40 I Am Legend 15 (2007) With Will Smith. 5.25 Babylon AD 15 (2008) With Vin Diesel. 7.00 Goin' 60 Seconds 15 (2000) With Nicolas Cage. 9.00 Bangkok Dangerous 18 (2008) With Nicolas Cage. 10.45 Lethal Weapon 2 18 (1989) With Mel Gibson. 12.45 Bangkok Dangerous 18 (2008) With Nicolas Cage. 2.35 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 4.40 Copperhead 18 (2008)



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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals Sunday 1.00 Live Super Sunday Arsenal v Aston Villa (Kick-off 1.30pm). 3.30 Live Super Sunday. Hull City v Manchester United (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Darts. Day seven of the 2010 PDC World Championship. 11.00 Knockouts of 2009 11.25 Live Test Cricket. Australia v Pakistan.

Sky Sports 2

6.00 Live Test Cricket. Australia v Pakistan. 7.30 Live Test Cricket. South Africa v England. 3.30 Knockouts of 2009 4.00 Live Premiership Rugby Union. Harlequins v London Wasps (Kick-off 4.15pm). 6.30 Test Cricket 8.00 Test Cricket 10.00 Live With The Pride 11.00 Football Special 12.30 Super Sunday: The Last Word 1.00 Scottish Premier League Football 1.30 Champions League Greatest Goals 2.30 Football Special 4.00 Super Sunday: The Last Word 4.30 Premiership Rugby Union

Sky Sports 3

6.00 Premiership Rugby Union 7.30 Knockouts of 2009 8.00 WWE: Afterburn 9.00 WWE Vintage Collection 10.00 Watersports World 11.00 Racing News 11.30 Live Scottish Premier League Football. Hibernian v Rangers (Kick-off 12.00pm). 2.30 Knockouts of 2009 3.00 WWE Vintage Collection 4.00 Test Cricket 5.30 Live NFL. The first of this evening's double-header. 9.00 Live NFL: Philadelphia Eagles v Denver Broncos (Kick-off 9.15am). 12.30 Premiership Rugby

Union 2.00 Max Power 3.00 Knockouts of 2009 3.30 Powerboating 4.00 Champions League Greatest Goals 5.00 WWE Special

British Eurosport

7.30 World Touring Car Championship 8.30 World Cup Superbikes 9.30 MotoGP 10.30 Cycling: Tour de France 11.00 Strongest Man 12.00 Strongest Man 1.00 Swimming 2.00 Dancing 3.00 Alpine Skiing 4.00 Ski Jumping 4.45 Wintersports: Breaking the Ice 5.00 UEFA Cup Classics 6.00 UEFA Cup Classics 7.00 Ski Jumping 7.45 Wintersports: Breaking the Ice 8.00 Fight Club 10.00 Strongest Man 10.55 Boxing 12.40 Close

Sky Sports Xtra

6.00 Ice Skating 7.00 WWE Special 8.00 Ice Skating 9.00 Powerboating 9.30 Ice Skating 10.30 Ice Skating 11.00 Premiership Rugby Union 1.00 Live Darts. Day seven of the 2010 PDC World Championship. 5.00 WWE: Experience 6.00 WWE Special 7.00 Scottish Premier League Football 7.30 Powerboating 8.00 Premiership Rugby Union 9.30 Knockouts of 2009 10.00 WWE: Experience 11.00 WWE: Late Night - Afterburn 12.00 WWE: Late Night - Steve Davis' Greatest Snooker Trichecks 3.00 Knockouts of 2009 3.30 Ice Skating 4.30 Ice Skating 5.30 Powerboating

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WORLD TELECOM

BBC1

6.00 Breakfast. (T) 9.00 CBBC: Bear Behaving Badly. (T) 9.20 Dani's House. (R) (T) 9.50 Shaun the Sheep. (R) (T) 10.00 FILM: Eight Below (2006). Adventure, starring Paul Walker. (T) 11.50 Keeping Up Appearances. (R) (T) 12.50 BBC News: Weather. (T) 1.00 Regional News: Weather. (T) 1.05 FILM: The Princess Diaries (2001). Family comedy, starring Anne Hathaway. (T) 2.55 FILM: 101 Dalmatians (1996). Disney comedy adventure remake, starring Glenn Close. (T) 4.30 Final Score. (T)

5.30 Weakest Link. A Doctor Who special in which David Tennant, John Barrowman, Camille Coduri, Noel Clarke, K9, Tracy-Ann Oberman, Nicholas Briggs, Claire Rushbrook and Andrew Hayden-Smith battle it out for intergalactic supremacy. Anne Robinson presents. (R) (T) BBC News: Weather. (T)

6.20 Regional News Programmes: Weather. (T) 6.50 Wallace & Gromit: A Matter of Loaf and Death. Wallace opens his own bakery and business is soon booming - not least because his rivals have all been killed. (R) (T)

7.30 Big Top. Plonky visits a hospital to spread some laughter, only to be banned for traumatising the children - and when he catches a mystery virus, Lizzie is forced to step into his shoes. (T)

8.00 EastEnders. The police begin asking questions around the Square and Ronnie is released after being held at the station. Meanwhile, Janine is terrified when the officers interview her. (T)

8.30 Celebrity Mastermind. Dancer Darren Bennett, writer and DJ Stuart Maconie, psychologist Linda Papadopoulos and actor Andrew Lancel take their turns answering John Humphrys' questions. (T)

9.00 The Day of the Trifids. Two-part apocalyptic drama. The discovery of a renewable energy source in the form of plants called trifids has devastating consequences for the human race. Dougray Scott stars. (T)

10.30 BBC News. (T)

10.45 Regional News: Weather. (T)

10.50 Match of the Day. Gary Lineker presents action from this afternoon's Premier League fixtures, including Chelsea v Fulham at Stamford Bridge and Tottenham Hotspur v West Ham United at White Hart Lane. Chelsea's last home defeat to Fulham was as far back as 1979, but the Cottagers had managed draws in two of their last three matches on their west London rivals' ground. Plus, highlights of Everton v Burnley, Stoke City v Birmingham City, Blackburn Rovers v Sunderland and Wolverhampton Wanderers v Manchester City. (T)

12.00 The Football League Show. (T) Weather. (T) 1.20 Sign Zone: James May's Toy Stories. (R) (T) 2.20 Sign Zone: Victorian Farm Christmas. (R) (T) 3.20 Sign Zone: Defying Gravity. (R) (T) 4.05 Sign Zone: Defying Gravity. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.15 Watch My Chops. (R) (T) 7.30 Inside Life. (R) (T) 8.00 Gimme a Break. (R) (T) 8.30 Wainwright Walks. (R) (T) 9.00 Great Railway Journeys. (R) (T) 9.50 Animal Park. (R) (T) 10.50 Who Do You Think You Are? (R) (T) 11.50 Coast. (R) (T) 12.50 Racing from Chestow. Including the 2.10 Coral Welsh National Handicap Chase (3m 5f 110yds). (T) 3.05 FILM: Rio Lobo (1970). Howard Hawks' Western, with John Wayne and Jorge Rivero. (T) 5.00 Flog It! (R) (T) 5.30 Escape to the Country. (R) (T) 6.15 FILM: Just Like Heaven (2005). A doctor is involved in a car crash but her spirit is reluctant to leave the world behind. Romantic drama, starring Reese Witherspoon and Mark Ruffalo. (T) 7.45 Top Gear Bolivia Special. Jeremy Clarkson, Richard Hammond and James May drive 4x4s from the rainforest of the Amazon basin on a road trip to Chile, tackling one of the world's most dangerous roads. (R) (T) 9.00 Not Again: Not the Nine O'Clock News. The inside story of the anarchic comedy sketch show, which ran from 1979 to 1982 and launched the careers of Rowan Atkinson, Griff Rhys Jones, Mel Smith and Pamela Stephenson. (T) 10.30 Not the Nine O'Clock News. (R) (T) 10.55 Dara O Briain Live from the Theatre Royal. (R) (T) 11.55 The Funny Side of Chat. (R) (T) 12.55 Defying Gravity. (R) (T) 1.40 FILM: Dead Reckoning (1947). Murder mystery, starring Humphrey Bogart. (T) (bw) 3.15 BBC News. (T) 4.50 Close.

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

Pick of the Day

The Day of the Trifids, BBC1, 9pm

Forget zombies, plagues and Martian killing machines, if you really want to know what the scariest post-apocalyptic boogieman is then look no further than this two-part science-fiction drama, based on the classic 1951 novel by John Wyndham. Set in the not-too-distant future, humanity's search for a renewable energy source has led to the discovery of trifids, a crop that can be grown for fuel. When spectators gather all over the world for a much-anticipated solar storm, billions of unsuspecting people are left blinded and those fortunate enough to have their sight can do little but watch as society begins to collapse into chaos. Meanwhile, the same event appears to have bestowed the plants with a life of their own. Finding a way out of captivity, the trifids are now free to roam the planet with a fatal sting and a taste for human flesh. As they begin to breed rapidly and feed on vulnerable humans, it falls to Dr Bill Mason (Dougray Scott) to lead the fight against the killer plants. The all-star cast also includes Joely Richardson, Brian Cox, Eddie Izzard, Jason Priestley and Vanessa Redgrave. One thing is for certain, you'll never look at a Venus Flytrap the same way again. The conclusion can be seen tomorrow at 9pm.

C4

5.55 Sali Mali. (R) (T) 6.00 Planet Cook. (R) (T) 6.20 Yo Gabba Gabba. (R) (T) 6.45 Everybody Loves Raymond. (R) (T) 7.15 Frasier. (R) (T) 7.35 Will & Grace. (R) (T) 8.00 According to Jim. (T) 8.25 T4: Friends. (R) (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: 90210. (T) 10.55 T4: 4Music Favourites: Robbie Williams. (R) (T) 12.00 T4: 4Music Favourites: Shakira. (R) 12.25 FILM: Anna and the King (1999). Period drama, starring Jodie Foster and Chow Yun-Fat. (T) 3.05 Come Dine with Me Extra Portions. (R) (T) 3.40 Come Dine with Me Extra Portions. (R) (T) 4.15 Deal or No Deal: Scrooge or Santa. (T) 4.55 Come Dine with Me Extra Portions. (R) (T) 5.30 Come Dine with Me Extra Portions. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.10 Britain's Worst Weather. Professor Nick Middleton investigates extreme weather conditions, beginning by focusing on floods, including the devastation caused at Boscastle in 2004. (R) (T) 8.00 Man on Earth. Societies that have flourished as a result of climate change. Last in the series. (T) 9.00 The Greatest Songs of the Noughties. Revisiting music trends of the past 10 years, including a countdown of the 20 songs considered the best of the decade by the public in a nationwide poll. (T) 10.30 The Big Fat Quiz of the Year 2007. (R) (T) 12.40 Live from Abbey Road: Tribute to the Beatles. (T) 1.35 The Secrets of the Austrian Cellar. (R) (T) 2.30 Deadline Catch. (T) 3.20 The Hills. (T) 3.40 The Hills. (T) 4.05 The Hills. (T) 4.25 St Elsewhere. (R) (T) 5.10 One Tree Hill. (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Fireman Sam. (R) (T) 7.10 The Beeps. (R) (T) 7.25 Bert and Ernie's Great Adventures. (R) (T) 7.30 Roary the Racing Car. (T) 7.40 Chiro. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 The WoTots. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.05 Little Princess. (R) (T) 9.20 The Milkshake! Show. (R) (T) 9.50 The Mr Men Show. (T) 10.00 Olivia. (R) (T) 10.15 Michaela's Zoo Babies. (R) (T) 11.15 Animal Rescue Squad. (R) (T) 11.45 Ice Road Truckers. (R) (T) 12.45 Crusoe. (T) 1.45 Five News. (T) 2.00 Merlin. (R) (T) 5.35 Knight Rider. (T) 6.30 Heads or Tails. (T) 7.30 Five News with Matt Barbet. (R) 8.00 Cowboy Builders. A single mother who has an unfinished kitchen in Bath. (R) (T) 8.00 Five News at 9. 9.00 CSI: Grissom's Greatest. A bus crash leaves nine people dead, and the finger of blame points immediately to the driver - until a surprise discovery indicates foul play. (R) (T) 10.00 CSI: Grissom's Greatest. Movie star Tom Haverd is implicated in a murder at his luxurious penthouse suite. Although the actor protests his innocence, evidence suggests otherwise. (R) (T) Five News Update. 11.00 CSI: Grissom's Greatest. (R) (T) 11.55 CSI: Grissom's Greatest. (R) (T) 12.55 SuperCasino. 4.05 CCTV Cities. (T) 4.50 T4i Death. (T) 5.15 Brian Sewell's Grand Tour. (R) (T)

ITV1

5.25 CITV: Captain Mack. (T) 5.35 Paz. (T) 5.40 Captain Mack. (T) 5.55 ITV Morning News. (T) 6.00 GMTV. 9.25 Dickinson's Real Deal. (R) (T) 10.25 All Star Family Fortunes Christmas Special. (R) (T) 11.10 Stars on the Street. (R) (T) 12.10 ITV News and Weather. (T) 12.30 London News and Weather. (T) 12.35 FILM: Carry On Cleo (1964). British comedy, starring Sid James. (T) 2.15 Agatha Christie's Poirot. (R) (T) 4.20 FILM: Pride and Prejudice (2005). Period drama, starring Keira Knightley. (T)

6.30 London Tonight: Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Emmerdale. Cain and Charity visit the Dingles to drop the bombshell of their engagement, leaving Debbie, Zak and Lisa stunned but supportive, and they all head to the Woolpack to celebrate. (T)

7.30 Coronation Street. Kevin is shocked at how close he came to ending his marriage, while Molly takes her own frustrations on Tyne. Rosie reveals her new career plan involves posing semi-naked. (T)

8.00 Countrywise. Paul Heiney and Bettany Hughes visit the Lake District, celebrating 150 years of Ullswater steamboats and watching the annual ritual of fishermen keeping a Viking tradition alive. (R) (T)

8.30 Coronation Street. Kevin unburies himself to Bill, but his father's sympathy does not last once he has heard a full confession. Gail's announcement that she has sold the house provokes David's fury. (T)

9.00 An Englishman in New York. John Hurt reprises his role as Quentin Crisp in this sequel to The Naked Civil Servant, picking up his story where the 1975 drama about the eccentric Englishman left off. Crisp sets off on the journey of a lifetime to the Big Apple, where the Americans immediately embrace the openly gay writer and his wispish ways, and before long he is being wine and dined by celebrities in every corner of Manhattan. But, as is so often the case with Quentin, he cannot resist making outrageous comments, and an ill-considered quip about the growing AIDS crisis sees him suddenly dropped from high society. Sex and the City's Cynthia Nixon co-stars as performance artist Penny Arcade, with Jonathan Tucker, Denis O'Hare and Swoskie Kurtz. (T)

10.30 ITV News and Weather. (T) 10.45 The Royal Shakespeare Company: The South Bank Show. In the last-ever edition of the arts show, Melvyn Bragg goes behind the scenes of the RSC's production of The Grain Store, from the rehearsals to the premiere. (T)

11.45 FILM: The Pianist (2002). Oscar-winning wartime drama, starring Adrien Brody. (T)

2.20 Six Degrees; (R) (T) ITV News Headlines. 3.05 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Nôto 2315 Film 0145 Film 0330 Amor e Intrigas 0415 Telesele 0605 Nôto

RTP2

0715 Zig Zag 1400 Smallville, series 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2030 Two and a Half Men, series 2050 National Geographic 2145 A Hora da Sorte 2200 News 2240 The Mentalist, series 2330 5 Para A Meia Noite 0130 Diga Lá Exceção 0230 Eurodeputados 0300 Documentary 0400 Euronews

SIC

0600 Sic Notícias 0700 Sic Kids 0900 Tween Box 1000 O Mundo de Patty 1100 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôto Por Cá 2000 News 2145 Perfeito Coração 2300 Viver a Vida 0030 CSI: Miami, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1015 Voz na TV 1300 News 1405 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2145 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0015 Film 0300 Sempre a Soma 0430 Cashmere Mafia, series 0530 Telesele

Best of the Rest

BBC3

7.00 the noughties - was that it? 7.15 Film: Father of the Bride PG (1999) 9.00 Most Annoying People 2001 9.30 EastEnders 12.00 Family Guy 12.20 Family Guy 12.45 Most Annoying People 2009 3.15 Paparazzi: Next Generation 4.15 The World's Strictest Parents 5.15 Close

BBC4

7.00 Victorian Farm Christmas 8.00 Electric Dreams 9.00 Being Neil Armstrong 10.00 Apollo Wives 11.00 Film: For All Mankind PG (1989) 12.20 Guitar Heroes at the BBC 1.20 Electric Dreams 2.20 Being Neil Armstrong 3.20 Apollo Wives 4.20 Close

ITV2

1.35 Emmerdale 2.40 All Star Mr & Mrs Christmas Special 3.40 All Star Family Fortunes Christmas Special 4.20 Ant & Dec's Christmas Show 5.35 Create Comforts 5.45 Film: Peter Pan PG (2003) 8.00 New You've Been Framed! 9.00 Film: The Matrix 15 (1999) 11.45 Coronation Street 12.15 Coronation Street 12.45 Ghosting with Radio 1 2.40 Emmerdale 3.00 Teleshopping 5.00 Gossip Girl 5.55 ITV2 Nightscreen

Sky1

2.30 Terry Pratchett's The Colour of Magic 4.30 Noel's Christmas Presents 2009 6.00 Are You Smarter Than Your Ten Year Old? 7.00 The Simpsons 7.30 The

Simpsons 8.00 Girls Aloud: Out of Control 9.30 Modern Family 10.00 10 Minute Tales 10.10 UK Border Force 11.10 Modern Family 11.40 Ross Kemp: Behind the Story 12.10 Ross Kemp Remembers Pirates 1.10 Road Wars 2.05 Don't Forget the Lyrics 3.00 Road Wars 3.25 Lost 4.15 Lost 5.10 Don't Forget the Lyrics 5.15

GOLD

1.20 Whatever Happened to the Likely Lads? 2.00 The Green Grass 3.00 Only Fools and Horses 4.10 The Thin Blue Line 4.50 The Thin Blue Line 5.30 Yes, Prime Minister 6.10 Yes, Prime Minister 6.50 Film: Jack PG (1996) 9.00 The Royle Family 9.40 The Royle Family 10.20 The Royle Family 10.55 The Royle Family: The Queen of Sheba 12.15 The Fast Show 12.55 The Fast Show 1.30 The Royle Family 2.10 The Royle Family 2.40 Close Up 3.00 Close

TCM

1.00 The Story of Mankind U (1957) 3.00 Meet Me in St Louis U (1944) 5.15 Elvis on Tour PG (1972) 7.05 Jack Frost PG (1998) 9.00 Money Talks 18 (1997) 10.55 Gods and Generals 12 (2003) 3.00 Teleshopping 5.00 The Story of Mankind U (1957) The Disney Channel Kids' programmes from 7am, except: 9.00 Film: Hatching Pete PG (2009) Family drama, starring Jason Dolley and Mitchel Musso.

MOVIES

Sky Movies Drama

7.00 Breaking Away PG (1979) 8.45 W 15 (2008) 11.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 12.50 Frankie and Johnny 15 (1991) With Michelle Pfeiffer. 2.50 Rendition 15 (2007) With Reese Witherspoon. 5.00 The Boy in the Striped Pajamas 12 (2008) With David Thewlis. 6.40 The Jane Austen Book Club 12 (2007) With Kathy Baker. 8.30 W 15 (2008) With Josh Brolin. 10.45 Varsity Blues 15 (1999) With Jon Voight. 12.35 Arlington Road 15 (1999) With Jeff Bridges. 2.40 Working Girl 15 (1988) With Melanie Griffith. 4.40 One Special Night PG (1999)

Sky Movies Comedy

6.05 Leave it to Beaver PG (1997) 7.40 Bowfinger 12 (1999) 9.25 South Park: Bigger, Longer & Uncut 15 (1999) 10.55 This Christmas 12 (2007) 1.00 Step Brothers 15 (2008) With Will Ferrell. 2.50 Superhero Movie 12 (2008) With Drake Bell. 4.20 Disaster Movie 12

(2008) With Matt Lanter. 5.55 This Christmas 12 (2007) With Delroy Lindo. 8.00 Step Brothers 15 (2008) With Will Ferrell. 10.00 Superhero Movie 12 (2008) With Drake Bell. 11.30 Disaster Movie 12 (2008) With Matt Lanter. 1.05 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 2.35 Bowfinger 12 (1999) With Steve Martin. 4.20 35MM 4.50 Leave it to Beaver PG (1997)

Sky Movies Action/Thriller

6.25 Next of Kin 15 (1989) 8.25 RocknRolla 15 (2008) 10.25 I Am Legend 15 (2007) 12.20 Double Jeopardy 15 (1999) With Ashley Judd. 2.20 Knight Rider 2000 12 (1991) With David Hasselhoff. 4.10 The Mechanik 15 (2005) With Dolph Lundgren. 6.00 RocknRolla 15 (2008) With Gerard Butler. 8.00 Double Jeopardy 15 (1999) With Ashley Judd. 10.00 Marked for Death 18 (1990) With Steven Seagal. 11.40 The Game 15 (1997) With Michael Douglas. 2.00 Sleepers 18 (1996) With Brad Pitt. 4.40 Knight Rider 2000 12 (1991)

SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v Pakistan. 7.30 Live Test Cricket. South Africa v England. 12.30 Live Football Special. Tottenham Hotspur v West Ham United (Kick-off 12.45pm). 3.00 Soccer Special. 5.15 Live Football League. Newcastle United v Derby County (Kick-off 5.20pm). 7.30 Live Football Special. Wolverhampton Wanderers v Manchester City (Kick-off 7.45pm). 10.30 Football First 12.00 Football First 1.30 Football First 3.00 Football First 4.30 Soccer AM. The Best Bits 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Champions League Greatest Goals 7.00 Good Morning Sports Fans 9.00 Super League 9.30 Soccer AM: The Best Bits 10.30 Soccer Extra 12.30 Super League 1.00 Live Darts. Day eight of the 2010 PDC World Championship. 5.00 Knockouts of 2009 5.30 NFL 7.00 Live Darts. The 2010 PDC World Championship. 11.00 Wild Spirits 11.25 Live Test Cricket. Australia v Pakistan.

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Bottom Line 8.00 WWE Special 9.00 Snooker 1.00 NFL 12.30 Live Test Cricket. South Africa v England. 3.30 Test Cricket 4.30 Wild Spirits 5.00 WWE: Raw 7.00 Test Cricket 8.00 Test Cricket 10.00 Time of Our Lives 11.00 Soccer AM: The Best Bits 12.00 WWE: Late Night - Bottom Line 1.00 WWE: Late Night - Afterburn 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Max Power 5.15 Wild Spirits 5.45 Sky Sports Classics

British Eurosport

7.30 Ski Jumping 8.15 Alpine Skiing 9.15 Live Alpine Skiing. Women's World Cup coverage from Lienz in Austria. 10.15 WATTS 10.30 Ski Jumping 11.15 Winter sports: Breaking the Ice 11.30 Alpine Skiing 12.15 Live Alpine Skiing. Further World Cup coverage from Lienz in Austria. 1.15 Ski Jumping 2.30 Ski Jumping 3.15 Live Ski Jumping. World Cup qualifying from Oberstdorf in Germany. 5.00 Live Biathlon. The World Team Challenge. 7.00 Ski Jumping 8.05 Alpine Skiing 9.05 Alpine Skiing 10.05 Ski Jumping 11.10 Dancing 12.10 Cycling: Tour de France 12.40 Close

Sky Sports Xtra

6.00 Premiership Years 8.00 Masters Football 11.00 Racing News 11.30 Aerobics Oz Style 12.00 WWE Special 1.00 Powder Adventures 1.30 Aerobics Oz Style 2.00 Masters Football 5.00 Premiership Years 7.00 Snooker 9.00 Poker 11.00 Poker 1.00 Masters Football 4.00 Premiership Years

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BBC1

6.00 Breakfast. (T) 7.40 Match of the Day. (R) (T) 8.50 CBBC: Bear Behaving Badly. (R) (T) 9.10 Dani's House. (R) (T) 9.40 Shaun the Sheep. (R) (T) 9.50 FILM: The Jungle Book 2 (2003). Animated adventure sequel, with the voice of Haley Joel Osmert. (T) 10.55 FILM: Return to Never Land (2002). Disney animated sequel to Peter Pan, with the voice of Harriet Owen. (T) 12.00 'Allo 'Allo! (R) (T) 12.50 BBC News: Weather. (T) 1.00 Regional News: Weather. (T) 1.05 FILM: Honey, I Shrank the Kids (1989). Disney comedy, starring Rick Moranis. (T) 2.35 FILM: 102 Dalmatians (2000). Family adventure sequel, starring Glenn Close. (T) 4.10 FILM: Sister Act 2: Back in the Habit (1993). Comedy sequel, starring Whoopi Goldberg. (T)

5.55 Wallace & Gromit: A Grand Day Out. Wallace and Gromit embark on their first adventure, taking a trip to the moon when their cheese supplies run out. Bafta-winning animation, with the voice of Peter Sallis. (R) (T)

6.20 BBC News: Weather. (T)

6.50 Regional News Programmes: Weather. (T)

7.00 Celebrity Mastermind. Newreader Alastair Stewart, naturalist Steve Backshall, Dave Vitty, better known as Radio 1's Comedy Dave, and entrepreneur Saira Khan answer John Humphrys' questions. (T)

7.30 EastEnders. The police appeal for anyone with information about Archie's murder to come forward, while Amira is forced to tell Syd that her father has not given their wedding his blessing. (T)

8.00 Holby City. Joseph reacts with horror when he hears that Fay is being charged with Archie's murder, while Thandie notices the effect the news has on Lauren and pleads with her to come clean about her part in the tragic events. Oliver's determination to see a difficult case through to the end impresses Jac, and after the excitement of a difficult operation the pair get closer, leaving Penny to attend the New Year's Eve party alone. Donna and Maria fall in their plan to get a kiss at the do, but unknown to them it becomes clear that one of the pair has caught Nicky's eye. (T)

9.00 The Day of the Triffids. Conclusion. Bill's future with Jo is wrenched apart by the arrival of Torrence from a London that has been overwhelmed. Starring Dougray Scott and Joely Richardson. (T)

10.30 BBC News. (T)

10.45 Regional News: Weather. (T)

10.50 Sting's Winter Songbook. Alan Yentob joins eclectic musician Sting as he returns home in Italy, discovering the creative processes that contributed to the making of his latest album If on a Winter's Night. Plus, the artist revisits the haunts of his youth in Newcastle, and catches up with members of his earliest bands, before heading to Durham Cathedral for a special performance. (T)

11.50 FILM: The Big Easy (1987). Romantic crime thriller, starring Dennis Quaid and Ellen Barkin; (T) Weatherview. (T)

1.35 Sign Zone: Oz and Hugh Drink to Christmas. (R) (T) 2.35 Sign Zone: The Private Life of a Christmas Masterpiece. The Mystic Nativity. (R) (T) 3.25 Sign Zone: Antiques Roadshow. (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Arthur. (R) (T) 7.30 Inside Life. (R) (T) 8.00 Gimme a Break. (R) (T) 8.30 Wainwright Walks. (R) (T) 9.00 Great Railway Journeys. (R) (T) 9.55 Animal Park. (R) (T) 10.40 Who Do You Think You Are? (R) (T) 11.40 Victorian Farm. (R) (T) 12.40 Coast. (R) (T) 1.40 Escape to the Country. (R) (T) 2.25 Flog It! (R) (T) 3.10 Ready Steady Cook. (R) (T) 3.55 Campion. (R) (T) 5.45 Escape to the Country. (R) (T) 6.30 FILM: Miss Potter (2006). Beatrix Potter falls in love while trying to find a publisher for her work. Biographical period drama, starring Renee Zellweger and Ewan McGregor. (R) 8.00 This Is Your Life: June Whitfield OBE. A tribute to the comedy actress. (R) (T) 8.30 Christmas Terry and June. The duo land the role of pantomime coach. (R) (T) 9.00 The Many Faces of June Whitfield. The comedy actress tells the story of her career. (T) 10.00 Absolutely Fabulous. Special one-off edition in which the oldest swingers in town visit New York, hoping to take the fashion world by storm and find Edina's long-lost son Serge in the process. (R) (T) 10.55 QX XL. (T) 11.40 I'm Alan Partridge. (R) (T) 12.10 Steve Coogan: The Inside Story. (R) (T) 1.10 FILM: The Big Combo (1955). Gangster thriller, starring Cornel Wilde. (T) (bw) 2.35 BBC News. (T) 4.25 Close.

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

Pick of the Day

Alan Carr: Chatty Man New Year's Special, CH4, 10.20pm

Radio shows, stand-up comedy, presenting, celebrity interviews and an autobiography - is there anything camp comedian Alan Carr hasn't done? A New Year Special of hit show Chatty Man is the latest addition to his CV, and although people either love him or hate him, there is no doubt the Tooth Fairy is here to stay. To see in the New Year, outgoing Doctor Who actor David Tennant, former Doctor's assistant and comedian Catherine Tate and Big Brother host Davina McCall join Carr for a drink and chat, along with reunited 80s popstars Spandau Ballet performing their hit Gold. Strange as it is to see the Northern funnyman presenting without fellow Sunday Night Project presenter Justin Lee Collins, his mix of gentle questioning with drinks and nibbles has won us over. Carr believes interviews don't have to delve into every gruesome detail of a celeb's life to be entertaining and fun - nobody cries on his watch. After appearing on more panel shows than we care to remember, Alan Carr's Celebrity Ding Dong proved he had the stuff to go it alone, and Channel 4 has commissioned another two series of Chatty Man. We can't wait - bring on 2010!

C4

5.55 Yo Gabba Gabba. (R) (T) 6.25 Everybody Loves Raymond. (R) (T) 6.45 Everybody Loves Raymond. (R) (T) 7.10 Frasier. (R) (T) 7.35 Will & Grace. (R) (T) 8.00 Will & Grace. (R) (T) 8.30 According to Jim. (T) 9.00 T4: Friends. (R) (T) 9.35 T4: Friends. (R) (T) 10.05 T4: 90210. (T) 11.05 T4: Lily Allen Special: Under the Skin. (R) (T) 12.05 A Place in the Sun: Home or Away. (R) (T) 1.10 FILM: Dreamer: Inspired by a True Story (2005). Premiere. Family drama, starring Kurt Russell. (T) 3.05 Come Dine with Me Extra Portions. (R) (T) 3.40 Come Dine with Me Extra Portions. (R) (T) 4.10 Deal or No Deal: Scrooge or Santa. (T) 4.55 Come Dine with Me Extra Portions. (R) (T) 5.30 Come Dine with Me Extra Portions. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (R) 7.00 Channel 4 News. (T) 7.30 Jamie at Home. The chef serves up home-grown winter salad dishes, including a bagna cauda, a herb omelette and a Japanese-style tuna sashimi with sprouting herb salad and dressing. (R) (T) 8.00 River Cottage Heroes. Hugh Fearnley-Whittinghall holds a celebratory dinner for the people who have made the greatest contribution to the cottage's success, featuring fish, chicken and a treacle sponge. (R) (T) 9.00 Gordon Ramsay's New Year F Word. Two international restaurants compete in the final heat. (T) 10.20 Alan Carr: Chatty Man New Year's Special. (T) 11.30 King of the Hill. (T) 12.00 King of the Hill. (T) 12.30 FILM: And When Did You Last See Your Father? (2007). Premiere. Autobiographical drama, with Jim Broadbent and Colin Firth. (T) 2.10 The Truth About Street Weapons. (R) (T) 2.20 Deadliest Catch. (T) 3.10 The Hills. (T) 3.30 The Hills. (T) 3.55 The Hills. (T) 4.20 St Elsewhere. (R) (T) 5.05 One Tree Hill. (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Fireman Sam. (R) (T) 7.10 The Beeps. (R) (T) 7.25 Bert and Ernie's Great Adventures. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Chiro. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fill and the Flowerpots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.30 Sailor Sid. (R) (T) 8.40 The WotWots. (R) (T) 8.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.05 Little Princess. (R) (T) 9.20 The Milkshake! Show. (R) (T) 9.50 The Mr Men Show. (R) (T) 10.00 Milkshake! Show Songs. (R) (T) 10.05 Olivia. (R) (T) 10.15 Michaela's Zoo Babies. (R) (T) 11.15 Animal Rescue Squad. (R) (T) 11.45 Ice Road Trucker. (R) (T) 12.45 Crusoe. (T) 1.45 Five News. (T) 2.00 Jason and the Argonauts. (T) 5.35 Knight Rider. (T) 6.35 Heads or Tails. (T) 7.30 Five News with Matt Barbet. (T) 8.00 Cowboy Builders. Melinda Messenger and Dominic Littlewood help homeowners who have fallen victim to unreliable workmen. In this episode they meet an Eastbourne man whose loft conversion was botched; (R) (T) 8.00 Five News at 9.00 Celebrity Shock List 2009. Countdown of the year's headline-grabbing celebrity incidents, featuring the likes of Katie Price and Peter Andre, Madonna, Kerry Katona, and the death of Michael Jackson. (R) (T) 11.05 Michael Jackson: The Last Days. (R) (T) 12.05 John Cleese's Comedy Heroes. (R) (T) 1.10 SuperCasino. 4.00 Vice Squad. (T) 4.50 'Til Death. (T) 5.15 Brian Sewell's Grand Tour. (R) (T)

ITV1

5.25 CITV: Captain Mack. (T) 5.35 Paz. (T) 5.40 Captain Mack. (T) 5.55 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 Dickinson's Real Deal. (R) 9.55 FILM: Murder, She Wrote. The Celtic Riddle (2003). Mystery, starring Angela Lansbury. (T) 11.35 Martin Clunes: A Man and His Dogs. (R) (T) 12.35 ITV News and Weather. (T) 12.45 London News and Weather. (T) 12.50 FILM: Death on the Nile (1978). Mystery, with Peter Ustinov. (T) 3.30 Midsomer Murders. (R) (T)

5.30 Rosemary & Thyme. Laura and Rosemary investigate the mysterious death of a blind professor caught up in a bitter battle to save his beloved allotment from an unscrupulous land developer. A heady blend of weedkiller, cannabis and high finance hangs in the air as the duo dig for clues - and another body is turned up before they root out the villain. Drama, starring Felicity Kendal and Pam Ferris. (R)

6.30 London Tonight: Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Emmerdale. Katie tries to find out why Maisie disappeared the previous night, but her conversation with Ryan is interrupted by Natasha, who insists the couple join her for a drink. Zak is bemused to hear Lisa refer to Nikhil as tight-fisted, Carl assures Chas he will behave when he sees lovebirds Cain and Charity in the Woolpack, and Val goes shopping for the restaurant but ends up buying clothes for herself. (T)

7.30 Grimefighters. Series following specialist clean-up teams as they try to keep the UK's streets tidy. (T)

8.00 Funniest Ever You've Been Framed! Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage, including beautiful babies, cheeky animals, dotty dogs and holiday hiccups. (R) (T)

9.00 The Bill. Conclusion. After another night undercover on the streets, Mickey learns a second down-and-out has been murdered. The fears of the homeless community are underlined when Mickey's informant is badly beaten and suspicion falls on property developer Greg Simm (guest star Ralph Ineson), who has form for fraud and deception. It emerges the suspect had trouble with squatters holding up work on a development site, but evidence against him is hard to find. A bigger shock for Mickey is the news his new friend Nicola is in the frame for the murder. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: Die Another Day (2002). James Bond spy adventure, starring Pierce Brosnan. (T)

1.00 Premiership Rugby Union; (R) ITV News Headlines. 2.00 Six Degrees. (R) (T) 2.45 The Jeremy Kyle Show. (R) (T) 3.40 ITV Nightscreen.

LOCAL Best of the Rest

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 30 Minutos 2200 Jogo Duplo 2300 Telearcade 2330 Film 0215 Film 0400 Amor e Intrigas 0445 Teleseleções 0605 N6s

RTP2
0715 Zig Zag 1330 Smallville, series 1700 Zig Zag 1830 A Fé dos Homens 1900 ArquiteArte 1930 Zig Zag 2030 Two and a Half Men, series 2105 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 5 Para A Meia Noite 0030 Documentary 0130 Câmara Clara 0230 Discovery Hour 0320 Euronews

SIC
0600 Sic Notícias 0700 Sic Kids 0900 Tween Box 1000 O Mundo de Patty 1100 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 N6s Por Cá 2000 News 2115 TBA 2200 Não Há Crise 2315 Viver a Vida 0030 CSI: Miami, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0015 Film 0215 Sempre a Somar 0330 Arrested Development, series 0400 Cashmere Mafia, series 0530 Teleseleções

BBC3
7.00 Cars Toons 7.15 Film: Shanghai Noon 12 (2000) 9.00 Film: Die Hard with a Vengeance 15 (1995) 11.00 EastEnders 11.30 Family Guy 11.50 Family Guy 12.15 Film: Billy Elliot 15 (2000) 2.00 Being Human 3.00 Being Human 4.00 Being Human 5.00 Close

BBC4
7.00 Victorian Farm Christmas 8.00 Electric Dreams 9.00 End 10.25 A Child's Christmas in Wales 11.25 Cowards 11.55 Guitar Heroes at the BBC 12.55 Electric Dreams 1.55 End 3.20 A Child's Christmas in Wales 4.20 Close

ITV2
1.25 Coronation Street 1.55 Emmerdale 2.25 Ant & Dec's Christmas Show 3.40 Gossip Girl 4.40 Harry Hill's TV Burp Review of the Year 5.10 New You've Been Framed! 6.10 Film: Ice Age: The Meltdown U (2006) 8.00 Fearnie and - Paris Hilton 9.00 Film: The Matrix Reloaded 15 (2003) 11.45 Ghosting with Louis Walsh and Boyzone 1.45 Emmerdale 2.10 Teleshopping 5.10 Gossip Girl

Sky1
1.15 Futurama 1.30 Noel's Christmas Presents 2009 3.00 Got to Dance Warm Up 4.00 Film: Dragonheart PG (1996) 6.00 Are You Smarter Than Your Ten Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Christmas Presents 2009 9.30 Modern Family

10.00 10 Minute Tales 10.10 UK Border Force 11.10 Naked Britain 11.40 Naked Britain 12.10 Road Wars 1.10 Road Wars 2.05 Don't Forget the Lyrics 3.00 Road Wars 3.25 Don't Forget the Lyrics US 4.20 Don't Forget the Lyrics US 5.10 Don't Forget the Lyrics US

GOLD
1.20 Whatever Happened to the Likely Lads? 2.00 Film: Jack PG (1996) 4.10 The Thin Blue Line 4.30 The Thin Blue Line 5.30 Blackadder Goes Forth 6.15 Blackadder Goes Forth 6.55 The Fast Show 7.30 The Fast Show 8.00 The Fast Show 8.30 The Fast Show 9.00 The Royle Family: The Queen of Sheba 10.20 The Royle Family 10.55 The Royle Family 12.15 The Fast Show 12.55 The Fast Show 1.30 The Royle Family 2.10 The Hippies 2.40 Close Up 2.50 Close Up 3.00 Close

TCM
1.00 Bombers B-52 U (1997) 3.00 Forever Young PG (1992) 5.00 Carson City U (1952) 6.45 The Passions is Courage U (1962) 9.00 Showtime 12 (2002) 10.55 Jackie Chan's First Strike 12 (1996) 12.35 Mutiny on the Bounty PG (1935) 3.00 Teleshopping 5.00 Bombers B-52 U (1957)

The Disney Channel
Kids' programmes from 7am, except: 9.00 Film: High School Musical U (2006) Teen musical, starring Zac Efron and Vanessa Hudgens.

Sky Movies Drama

6.20 On Broadway 12 (2007) 8.10 Definitely Maybe 12 (2008) 10.10 The American President 15 (1995) 12.15 The Chamber 15 (1996) With Chris O'Donnell. 2.15 Out of Africa PG (1985) With Meryl Streep. 5.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 7.00 The Savages 15 (2007) With Laura Linney. 9.00 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) With Brad Pitt. 11.40 Indecent Proposal 15 (1993) With Demi Moore. 1.40 We Own the Night 15 (2007) With Joaquin Phoenix. 3.40 Joshua 15 (2007) 5.30 Miracle on the 17th Green U (1999)

Sky Movies Comedy

6.30 The Christmas Clause PG (2008) 8.05 The Top 10 Show 8.25 American Pie 15 (1999) 10.10 Galaxy Quest PG (1999) 11.55 What Happens in Vegas 12 (2008) With Cameron Diaz. 1.40 The Christmas Clause PG (2008) With Lea Thompson. 3.15 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 4.45 Police Academy 4: Citizens on

Patrol PG (1987) With Steve Guttenberg. 6.15 Galaxy Quest PG (1999) With Tim Allen. 8.00 What Happens in Vegas 12 (2008) With Cameron Diaz. 9.45 American Pie 15 (1999) With Jason Biggs. 11.25 Balls of Fury 12 (2007) With Dan Fogler. 1.00 Hot Rod 12 (2007) With Andy Samberg. 2.35 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 4.10 McHale's Navy PG (1997)

Sky Movies Action/Thriller

6.30 The Science of Superman 7.30 Billion Dollar Brain PG (1967) 9.30 Dragon: The Bruce Lee Story 15 (1993) 11.45 No Country for Old Men 15 (2007) With Josh Brolin. 1.55 Pale Rider 15 (1985) With Clint Eastwood. 3.55 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 5.55 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 8.00 No Country for Old Men 15 (2007) With Josh Brolin. 10.05 Training Day 18 (2001) With Denzel Washington. 12.10 American Gangster 18 (2007) With Denzel Washington. 2.50 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 4.55 Billion Dollar Brain PG (1967)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Powder Adventurers 7.00 FIFA Football World 7.30 Live Test Cricket. South Africa v England. 3.30 Test Cricket 4.30 Football Asia 5.00 Wayne Rooney's Striker 6.00 A-League 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Football Special. Aston Villa v Liverpool (Kick-off 7.45pm). 10.15 Football Special 11.15 SPL Round-Up 11.45 Netbusters 12.15 A-League 12.45 Football Special 1.45 Football Asia 2.15 SPL Round-Up 2.45 Netbusters 3.15 Football Special 4.15 Football Asia 4.45 SPL Round-Up 5.15 Netbusters 5.45 Sky Sports Classics

Sky Sports 2

6.00 Live Test Cricket. Australia v Pakistan. 7.30 Wild Spirits 8.00 WWE: Afterburn 9.00 Soccer AM: The Best Bits 10.00 Football First 11.00 Football First 1.00 Live Darts. Day nine of the 2010 PDC World Championship. 5.00 NFL: American's Game 6.00 The Dogs 6.30 Knockouts of 2009 7.00 Live Darts. Day nine of the 2010 PDC World Championship. 11.00 The Dogs 11.25 Live Test Cricket. Australia v Pakistan.

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 Snooker 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Show Jumping 1.00 Football First 2.30 Football First 4.00 Soccer AM: The Best Bits 5.00 WWE: Smackdown 7.00 Test Cricket 8.00 Test Cricket 10.00 Time of Our Lives 11.00 Pool 12.00 Max Power 1.00 Sports Unlimited 2.00 Snooker 4.00 Pool 5.00 Powder Adventures 5.30 The Dogs

British Eurosport

7.30 Ski Jumping 8.30 Alpine Skiing 9.15 Live Alpine Skiing. The women's World Cup meeting from Lienz, Austria. 10.00 Ski Jumping 10.30 Wintersports: Breaking the Ice 10.45 Live Alpine Skiing. The men's World Cup downhill from Bormio in Italy. 12.15 Live Alpine Skiing. Further women's World Cup coverage from Lienz in Austria. 1.15 Ski Jumping 2.00 Wintersports: Breaking the Ice 2.15 Ski Jumping 3.15 Live Ski Jumping. World Cup coverage from Oberstdorf in Germany. 5.15 Alpine Skiing 6.00 UEFA Champions League Classics 7.00 Ski Jumping 8.00 Alpine Skiing 9.00 Alpine Skiing 10.00 Freeride Spirit Show 10.15 Dakar Rally 10.45 Ski Jumping 11.30 Dancing 12.30 Close

Sky Sports Xtra

6.00 Premiership Years 8.00 Masters Football 11.00 Premiership Years 1.00 Powder Adventures 1.30 Aerobics Oz Style 2.00 Masters Football 5.00 Premiership Years 7.00 Snooker 9.00 Poker 11.00 Poker 1.00 Masters Football 4.00 Premiership Years

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WED

BBC1

6.00 Breakfast. (T) 9.00 CBBC: Bear Behaving Badly. (T) 9.20 Dani's House. (R) (T) 9.50 Shaun the Sheep. (R) (T) 10.00 FILM: Piglet's Big Movie (2003). Animated adventure, with the voice of John Fiedler. (T) 11.10 FILM: The Tigger Movie (2000). Disney animated adventure, with the voice of Jim Cummings. (T) 12.20 FILM: Homeward Bound II: Lost in San Francisco (1996). Animal adventure sequel, with the voice of Michael J Fox. (T) 1.45 BBC News: Weather. (T) 1.55 Regional News: Weather. (T) 2.00 FILM: The Shaggy Dog (2006). Comedy remake, starring Tim Allen. (T) 3.35 FILM: Mary Poppins (1964). Disney musical fantasy, with Julie Andrews and Dick Van Dyke. (T)

5.50 Wallace & Gromit: A Close Shave. Nick Park's animated characters embark on their third adventure, which sees Wallace fall in love and Gromit framed for sheep rustling. With the voices of Peter Sallis and Anne Reid. (R) (T) BBC News: Weather. (T)

6.20 Regional News Programmes: Weather. (T) 6.50 Big Top. Sound technician Erasmus is accused of a string of burglaries so Lizzie kicks him out of the troupe, only to regret her hasty decision. Tony Robinson stars. Last in the series. (T) 7.30 Celebrity Mastermind. Joe Pasquale, Roger Black, Tony Audenshaw and Diane Louise Jordan take to the black chair in the specialist and general knowledge quiz. John Humphrys presents. (T)

8.00 Waterloo Road. The governors arrive, keen to gauge the merger's impact, but Max plans to use the visit to convince them to fire Rachel. The children prepare for the talent contest. (T)

9.00 **The Turn of the Screw.** A governess is sent to take care of two orphans living in a remote country house, where she is literally spooked by the presence of a pair of ghosts who seem to come and go as they please - and soon suspects the children know more about the spectres than they are letting on. Her anxiety builds when she learns that the previous governess, who was very close to the children, died with her lover in mysterious circumstances. Chilling one-off drama, based on Henry James' classic 1898 novella and updated to a Twenties post-World War One setting. Michelle Dockery, Sue Johnston, Mark Umbers, Josef Lindsay and Eva Sayer star. (T)

10.30 BBC News. (T) 10.45 Regional News: Weather. (T) 10.50 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. OJ Borg presents. (T)

11.00 Victoria Wood: What Larks! Behind the scenes of the comedienne's Christmas special. (T) 11.45 Film 2009 with Jonathan Ross. The host presents a review of the biggest and best films from 2009. Movies under scrutiny include Star Trek, The Twilight Saga: New Moon and Slumdog Millionaire. (T) National Lottery Update. (T)

12.15 FILM: The Gingerbread Man (1998). Legal thriller, with Kenneth Branagh. (T) Weatherview. (T) 2.10 Sign Zone: Cranford. (R) (T) 3.40 BBC News.



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Arthur. (R) (T) 7.15 Arthur. (R) (T) 7.30 Inside Life. (T) 8.00 Gimme a Break. (R) (T) 8.30 Wainwright Walks. (R) (T) 9.00 Great Railway Journeys. (R) (T) 9.50 Animal Park. (T) 10.35 Who Do You Think You Are? (R) (T) 11.35 Victorian Farm. (R) (T) 12.35 Coast. (R) (T) 1.35 Campion. (R) (T) 3.25 Ready Steady Cook. (R) (T) 4.10 Are You Being Served? (R) (T) 4.45 Flog It! (R) (T) 5.30 A Child's Christmas-masses in Wales. (R) (T) 6.30 Springwatch Christmas Special 2009. (T) 8.00 James May's Toy Stories. James embarks on a project to build a full-size house from Lego, enlisting hundreds of people to help the construction using more than three million toy bricks. (R) (T) 9.00 Three Men Go to Ireland. Part one of two. Dara O Briain, Griff Rhys Jones and Rory McGrath sail from Dublin to Limerick. (T) 10.00 2009 Unwrapped with Miranda Hart. The comedienne hosts a satirical look at 2009, using a mix of archive footage and specially shot material to present a range of invented events. (T) 11.00 Never Mind the Buzzcocks: Where Are They Now? (R) (T) 11.30 I'm Alan Partridge. (R) (T) 12.00 Grumpy Old New Year. (R) (T) 12.55 FILM: On Dangerous Ground (1951). Thriller, starring Robert Ryan. (T) (bw) 2.10 BBC News. (T) 3.40 Close.

(R) - repeat programme;
(T) - programme w/ teletext

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Pick of the Day

The Turn of the Screw, BBC1, 9pm

Christmas. It's a time of joy, when we spend time with our families, eat wonderful food, open presents and generally have a good time. That's true, but thanks to Charles Dickens, it's also a time when we scare each other silly with ghost stories. His A Christmas Carol is now a festive favourite, and the BBC has a long tradition of broadcasting spooky tales during the season to be jolly. Last year, Mark Gatiss came up with the three-part Crocked House. In 2009, the Beeb has decided to take a more traditional route by adapting Henry James' classic novella for the small screen, although for reasons that remain a mystery, it's now set in the 1920s rather than in Victorian times. Michelle Dockery heads the cast as Ann, a governess who takes charge of two orphans living in the country house of their emotionally distant uncle. At first, she bonds with the children and their loyal housekeeper; their lives seem idyllic. But then Ann begins seeing two mysterious figures on the estate, which may or may not be the ghosts of two former servants who died in mysterious circumstances — and whose presence has a disturbing effect on the young and impressionable governess. Corin Redgrave, whose father, Michael, appeared in The Innocents, a 1961 film version of James' tale, also stars.

C4

5.55 The Treacle People. (R) (T) 6.05 Yo Gabba Gabba. (R) (T) 6.35 Everybody Loves Raymond. (R) (T) 6.55 Everybody Loves Raymond. (R) (T) 7.20 Frasier. (R) (T) 7.45 Will & Grace. (R) (T) 8.10 According to Jim. (T) 8.40 T4: Friends. (R) (T) 9.15 T4: Friends. (R) (T) 9.45 T4: 90210. (T) 10.35 T4: JLS Love Jacko: Top 10. (R) (T) 11.35 T4: The Simpsons. (R) (T) 12.05 FILM: Battle of the Bulge (1965). World War Two drama, starring Robert Shaw. (T) 3.05 Come Dine with Me Extra Portions. (R) (T) 3.40 Come Dine with Me Extra Portions. (R) (T) 4.10 Deal or No Deal: Scrooge or Santa. (T) 4.55 Come Dine with Me Extra Portions. (R) (T) 5.30 Come Dine with Me Extra Portions. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 My Father the Mercenary. The story of a soldier of fortune. Part of the First Cut strand. (R) (T) 8.00 The Turin Shroud: The New Evidence. Recent research casting fresh light on the shroud's origins. (T) 9.00 Tsunami: Caught on Camera. Amateur footage reveals the story of the 2004 Boxing Day tragedy, when one of the most devastating natural disasters in recorded history left more than 220,000 dead. (T) 10.35 Big Fat Quiz of the Year 2008. (R) (T) 12.45 Grey Gardens. (T) 2.25 Strange Little Girls. (R) (T) (bw) 2.40 4Music: This Week's 4Music Top 20. 4.25 The Hills. (T) 4.50 St Elsewhere. (R) (T) 5.45 Planet Cook. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Fireman Sam. (R) (T) 7.10 The Beeps. (R) (T) 7.25 Bert and Ernie's Great Adventures. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Chiro. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerlots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Mio Mao. (R) (T) 8.40 The WotWots. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.05 Little Princess. (R) (T) 9.20 The Milkshake! Show. (R) (T) 9.50 The Mr Men Show. (R) (T) 10.00 Olivia. (R) (T) 10.15 Michaela's Zoo Babies. (R) (T) 11.15 Penguin Adventure with Nigel Marven. (R) (T) 12.15 Ice Road Truckers. (R) (T) 1.15 Crusoe. (T) 2.15 Five News. (T) 2.30 FILM: Moby Dick (1998). Seafaring adventure remake, with Patrick Stewart. (T) 5.05 Knight Rider. (T) 6.00 Five News with Matt Barbet. (T) 6.30 Cowboy Builders. (R) (T) 7.30 Heads or Tails: Celebrity Special. Justin Lee Collins hosts a celebrity special, featuring John Thomson and Denise Van Outen, aided by Christopher Biggins, Ricky Hutton, Jennie McAlpine and Anthony Worrall Thompson. (T) 9.00 Greatest Christmas Comedy Moments. Countdown of the funniest scenes from comedy shows broadcast at Christmas, featuring memorable moments from Morecambe and Wise, Only Fools and Horses, and The Office. (R) (T) 12.00 Poker. (T) 1.35 SuperCasino. 4.00 Farmer Wants a Wife. (T) 4.55 T! Death. (T) 5.15 Brian Sewell's Grand Tour. (R) (T)

5.25 CITV: Captain Mack. (T) 5.35 Paz. (T) 5.40 Captain Mack. (T) 5.55 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 Dickinson's Real Deal. (R) (T) 10.25 FILM: Murder, She Wrote: The Last Free Man (2001). Detective drama, starring Angela Lansbury. (T) 12.05 Martin Clunes: A Man and His Dogs. (R) (T) 1.05 ITV News and Weather. (T) 1.25 London News and Weather. (T) 1.30 FILM: The Mirror Crack'd (1980). Agatha Christie mystery, starring Angela Lansbury. (T) 3.30 Lewis. (R) (T)

5.30 All the Queen's Horses with Alan Titchmarsh. The host goes behind the scenes of the Royal Windsor Horse Show, hearing from Prince Philip about his passion for carriage driving and talking to the event's organisers. (R) (T)

6.30 London Tonight; Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Grimefighters. Series following specialist clean-up teams as they try to keep the UK's streets tidy. (T)

7.30 Emmerdale. Natasha is delighted when she spots a To Let sign outside Tennant's Cottage and decides to bid Faye good riddance. Inside, Mark is mortified to see his wife knocking and quickly escapes through the back door. Meanwhile, Lisa is livid when it appears her nude modelling has become common knowledge among the Dingles, and Sam comforts Olena when she is unable to speak to her son on his birthday. (T)

8.00 Countrywide. One-hour special in which Paul Heiney journeys through Yorkshire and Lancashire, from Britain's first seaside resort in Scarborough to the vast natural wilderness of Morecambe Bay, looking at whether an age-old rivalry still exists between the two neighbouring regions. (T)

9.00 Piers Morgan's Review of the Year. The talk-show host, journalist and Britain's Got Talent judge is joined by celebrity guests to look back at the events and news that dominated 2009. It was a year that saw the inauguration of US President Barack Obama, continued fighting in Afghanistan, the death of Michael Jackson, the MPs' expenses scandal and the spread of swine flu. Piers also reviews the highlights of the sporting year, including England's victory in the Ashes and Formula 1 driver Jenson Button's world championship win. Andrew Flintoff, Louis Walsh, Amanda Holden, Fernan Cotton, Michael Wainner and Alastair Campbell contribute. (T)

10.30 ITV News and Weather. (T)

11.05 London News and Weather. (T)

11.10 FILM: End of Days (1999). Supernatural adventure, starring Arnold Schwarzenegger. (T)

1.15 Six Degrees. (R) (T) ITV News Headlines. 2.05 The Jeremy Kyle Show. (R) (T) 3.00 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Linha da Frente 2130 Jogo Duplo 2230 O Que Se Passou Foi Isto 2300 Film 0200 Film 0345 Amor e Intrigas 0430 Teleales 0605 Nôs

RTP2

0715 Zig Zag 1400 Smallville, series 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Chuck, series 2330 5 Para A Meia Noite 0030 Documentary 0200 Bastidores 0230 Discovery Hour 0300 Euronews

SIC

0600 Sic Notícias 0700 Sic Kids 0900 Tween Box 1000 O Mundo de Patty 1100 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2115 TBA 2200 Não Há Crise 2315 Viver a Vida 0030 CSI: Miami, series 0130 Criminal Minds, series 0215 Cartaz Cultural 0245 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2300 Sentimentos 0015 Bruce Almighty, film 0200 Cartaz das Artes 0230 Sempre a Somar 0400 Film 0530 Teleales

BBC3

7.00 Pixar Picks 7.15 Film: Father of the Bride Part II PG (1995) 9.00 Film: The Terminator 15 (1984) 10.45 Family Guy 11.05 Family Guy 11.30 Film: Die Hard with a Vengeance 15 (1995) 1.30 Being Human 2.30 Being Human 3.30 Being Human 4.25 Being Human Unearthed 5.25 Close

BBC4

7.00 Victorian Farm Christmas 8.00 Electric Dreams 9.00 Sounds of the Eighties 9.05 Micro Men 10.30 We Need Answers 11.00 Cowards 11.30 Gameswipe with Charlie Brooker 12.20 Games Britannia 1.20 Guitto Heroes at the BBC 2.00 Electric Dreams 3.20 Micro Men 4.45 Close

ITV2

1.30 The Xtra Factor: Winner's Story '09 2.30 Who Wants to Be a Millionaire? Christmas Special 3.30 All Star Mr & Mrs Christmas Special 4.30 All Star Family Fortunes Christmas Special 5.15 Creature Comforts 5.30 Harry Hill's TV Burp Review of the Year 6.00 Film: The Polar Express U (2004) 8.00 Fearne and - Peaches Gelford 9.00 Film: The Matrix Revolutions 15 (2003) 11.40 Ghosthunting with the Happy Mondays 1.40 Emmerdale 2.00 Teleshopping 5.00 Gossip Girl 5.45 ITV2 Nightscreen

Sky 1

1.15 Got to Dance Warm Up 2.15 Guinness World Records Smashed! 3.15 Oops TV 4.15 Film: The Librarian: The Curse of the

Judas Chalice PG (2008) 6.00 Are You Smarter Than Your Ten Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 Got to Dance Warm Up 9.00 Bones 10.00 10 Minute Tales 10.10 UK Border Force 11.10 Naked Britain 11.40 Road Wars 12.40 Road Wars 1.35 Don't Forget the Lyrics 2.30 Road Wars 3.25 Don't Forget the Lyrics 4.20 Don't Forget the Lyrics 5.10 Don't Forget the Lyrics US GOLD

1.20 Whatever Happened to the Likely Lads? 2.00 The Vicar of Dibley Top 40 Moments 4.00 The Thin Blue Line 4.45 The Thin Blue Line 5.30 Yes, Prime Minister 6.15 Yes, Prime Minister 7.00 Blackadder: The Whole Rotten Saga 9.00 The Royle Family 10.20 The Royle Family 11.00 Fawcett Towers - Reopened 1.00 The Vicar of Dibley Top 40 Moments 2.55 Starstruck Classics 3.00 Close

TCM

1.00 The Defector PG (1966) 3.00 Murder, She Said U (1961) 4.40 Murder at the Gallop U (1963) 6.20 The Silver Chalice U (1954) 9.00 Boogie Nights 18 (1997) 12.00 Mad Dog and Glory 15 (1993) 1.45 Fort Vengeance PG (1953) 3.00 Teleshopping 5.00 The Defector PG (1966)

The Disney Channel

Kids' programmes from Zam, except: 9.00 Film: Princess Protection Program PG (2009) Family comedy, starring Selena Gomez.

Sky Movies Drama

7.15 A Christmas Wedding PG (2006) 8.50 Empire of the Sun PG (1987) 11.30 The Bone Collector 15 (1999) With Denzel Washington. 1.30 Man of the Year 12 (2006) With Robin Williams. 3.30 Brideshead Revisited 12 (2008) With Matthew Goode. 5.45 Across the Universe 12 (2005) With Evan Rachel Wood. 8.00 Man of the Year 12 (2006) With Robin Williams. 10.00-3.10 to Yuma 15 (2007) With Russell Crowe. 12.10 What's Love Got to Do with It 18 (1993) With Angela Bassett. 2.15 Happiness 18 (1998) With Philip Seymour Hoffman. 4.45 Pride and Prejudice PG (2003)

Sky Movies Comedy

6.05 The Muse PG (1999) 7.45 The Top 10 Show 8.00 Made of Honor 12 (2008) 9.45 Meet Dave PG (2008) 11.20 St Trinian's 12 (2007) With Rupert Everett. 1.05 American Pie 2 15 (2001) With Jason Biggs. 2.55 The Hottie and the Nottie 12 (2008) With Paris Hilton. 4.30 Made of Honor 12 (2008) With Patrick Dempsey. 6.15 St Trinian's 12

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(2007) With Rupert Everett. 8.00 Meet Dave PG (2008) With Eddie Murphy. 9.45 American Pie 2 15 (2001) With Jason Biggs. 11.35 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 1.20 The Hottie and the Nottie 12 (2008) With Paris Hilton. 2.55 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 4.40 The Muse PG (1999)

Sky Movies Action/Thriller

6.50 Metro 18 (1997) 9.00 F/X: Murder by Illusion 15 (1986) 10.55 The Scorpion King 2: Rise of a Warrior 12 (2008) 12.45 Babylon AD 15 (2008) With Vin Diesel. 2.25 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 4.35 The Scorpion King 2: Rise of a Warrior 12 (2008) With Michael Copon. 6.25 Babylon AD 15 (2008) With Vin Diesel. 8.00 88 Minutes 18 (2007) With Al Pacino. 10.00 Shaft 18 (2000) With Samuel L Jackson. 11.45 F/X: Murder by Illusion 15 (1986) With Bryan Brown. 1.45 Shaft 18 (2000) With Samuel L Jackson. 3.40 35MM 4.10 Angel Flight Down PG (1996)

Sky Sports 1

6.00 Wayne Rooney's Street Striker 7.00 Netbustors 7.30 Live Test Cricket. South Africa v England. 3.30 Test Cricket 4.30 A-League 5.00 Wayne Rooney's Street Striker 6.00 Netbustors 6.30 FIFA Futbol Mundial 7.00 Gole Y Gole Y Gole 7.30 Live Football Special. Portsmouth v Arsenal (Kick-off 7.45pm). 10.15 Football Special 11.15 FIFA Futbol Mundial 11.45 Gole Y Gole Y Gole 12.15 Football Special 1.15 FIFA Futbol Mundial 1.45 Gole Y Gole Y Gole 2.15 Time of Our Lives 3.15 Football Special 4.15 A-League 4.45 FIFA Futbol Mundial 5.15 Gole Y Gole Y Gole 5.45 Sky Sports Classics

Sky Sports 2

6.00 Live Test Cricket. Australia v Pakistan. 7.30 The Dogs 8.00 WWE Vintage Collection 9.00 Wayne Rooney's Street Striker 10.00 IRB Rugby Sevens 1.10 Live Darts. Day 10 of the 2010 PDC World Championship. 5.00 Powder Adventures 5.30 Rugby Union 7.00 Live Darts. Day 10 of the 2010 PDC World Championship. 11.00 Rugby Union 12.30 Test Cricket 2.30 Test Cricket 3.30 Women's Cricket Special 4.30 Rugby Union

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 Snooker 11.00 Racing News 11.30 The Dogs 12.00 Football Special 1.00 A-League 1.30 SPL Round-Up 2.00 Netbustors 2.30 Football Special 3.30 A-League 4.00 WWE: Bottom Line 5.00 WWE: Afterburn 6.00 Watersports World 7.00 Women's Cricket Special 8.00

Test Cricket 10.00 Time of Our Lives 11.00 Women's Cricket Special 12.00 Powder Adventures 12.30 IRB Rugby Sevens 3.30 Snooker 5.30 Powder Adventures

British Eurosport

7.30 Freeride Spirit Show 7.45 Dakar Rally 8.15 Ski Jumping 10.00 Tennis Stories 7.30 Alpine Skiing 12.30 Alpine Skiing 1.30 Ski Jumping 2.30 On Tour with Mark Cavendish 3.30 MotoGP 4.00 Cycling: Tour de France 4.30 World Superbikes 5.30 Destination Dakar 5.45 Destination Dakar 6.00 Destination Dakar 6.15 Destination Dakar 6.30 Destination Dakar 6.45 Destination Dakar 7.00 Live Figure Skating. The annual exhibition gala in Oberstdorf, Germany. 10.00 Wintersports: Breaking the Ice 10.20 Dancing 11.20 Dancing 12.20 Dancing 1.20 African Cup of Nations Preview 1.30 Close

Sky Sports Xtra

6.00 Premiership News 8.00 Masters Football 11.00 Premiership News 1.00 Powder Adventures 1.30 Aerobics Oz Style 2.00 Masters Football 5.00 Premiership News 7.00 Snooker 9.00 Poker 11.00 Poker 1.00 Masters Football 4.00 Premiership News

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BBC1

6.00 Breakfast. (T) 9.00 CBBC: Bear Behaving Badly. (R) (T) 9.25 Dani's House. (R) (T) 9.55 FILM: The Magic Roundabout (2005). Animated adventure, with the voice of Ian McKellen. (T) 11.15 FILM: Flubber (1997). Children's comedy remake, starring Robin Williams. (T) 12.40 FILM: The Ant Bully (2006). Premiere. Animated adventure, with the voices of Julia Roberts and Ricardo Montalban. (T) 2.00 BBC News; Weather. (T) 2.10 Regional News; Weather. (T) 2.15 FILM: The Princess Diaries 2: Royal Engagement (2004). Family comedy sequel, starring Anne Hathaway. (T) 4.00 FILM: Madagascar (2005). Animated adventure, with the voice of Ben Stiller. (T)

5.20 Wallace & Gromit: The Wrong Trousers. Nick Park's Oscar-winning animation about humble inventor Wallace, whose life turns upside down after he offers board and lodgings to villainous penguin Feathers McGraw. (R) (T)

5.50 BBC News; Weather. (T)

6.20 Regional News Programmes; Weather. (T)

6.30 Top of the Pops New Year's Eve 2009. Fearnie Cotton and Reggie Yates review the past 12 months in pop music, including performances by Robbie Williams, Shakira, Tinchy Stryder featuring N-Dubz and Calvin Harris. (T)

7.30 EastEnders. After Syed fails to obtain Qadim's blessing, Masood is forced to turn to his older brother Inzamam to help pay for the wedding. Ricky makes a proper marriage proposal as the clock strikes midnight, while Christine returns to the Square and threatens to sabotage Syed and Amira's big day. (T)

8.00 FILM: Pirates of the Caribbean: Dead Man's Chest (2006). Captain Jack Sparrow battles to save his soul from the legendary Davy Jones. Swashbuckling adventure sequel, starring Johnny Depp and Orlando Bloom. (T)

10.20 BBC News; Weather. (T)

10.40 The Graham Norton New Year's Eve Show. The host presents a special edition of his talk show, featuring Sex and the City star Sarah Jessica Parker and actor Dominic West, who discusses his role on The Wire. Plus, comedienne Joan Rivers helps look back at the events of 2009. Last in the series. (T)

11.45 New Year Live 2009. Mylene Klass presents coverage of the celebrations live from London, including the traditional chiming of Big Ben to welcome in the New Year and a spectacular fireworks display. (T)

12.15 FILM: Bandits (2001). Comedy crime adventure, starring Bruce Willis; (T) Skiing Weatherview. (T) 2.20 BBC News. (T)

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BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: The Tale of Jack Frost. (R) (T) 7.30 Inside Life. (R) (T) 8.00 Gimme a Break. (R) (T) 8.30 Wainwright Walks. (R) (T) 9.00 Great Railway Journeys. (R) (T) 9.50 Animal Park. (R) (T) 10.35 Who Do You Think You Are? (R) (T) 11.35 Victorian Farm. (R) (T) 12.35 Coast. (R) (T) 1.35 Diagnosis Murder. (R) (T) 2.20 Flog It! (R) (T) 3.05 Ready Steady Cook. (T) 3.50 Camplon. (R) (T) 5.40 Escape to the Country. (T) 6.25 Are You Being Served? (R) (T) 6.55 FILM: Easy Virtue (2008). Premiere. An Englishman in the 1920s marries a brash American woman, to the horror of his family. Romantic comedy, with Jessica Biel and Ben Barnes. (T) 8.25 dinnerladies. The crew prepares for the millennium dinner at the Old Brewery and it is a race against time to get things organised. Tony makes a discovery on the fire escape which puts a damper on the festivities. (R) (T) 9.00 FILM: The Painted Veil (2006). Premiere. An English doctor in Twenties China takes his unfaithful wife on a dangerous journey. Period drama, starring Edward Norton and Naomi Watts. (T) 11.00 Jools' Annual Hootenanny 2009. (T) 1.15 Glastonbury 2009. (R) (T) 3.20 FILM: They Live By Night (1948). Crime drama, starring Farley Granger. (T) (bw) 4.50 Close.

Pick of the Day

Jools' Annual Hootenanny 2009, BBC2, 11pm

There's only one place to be on New Year's Eve and that's in front of the box with a bottle of something while watching Jools and his various musical guests as they say hello to 2010 in style. Now in its 17th year, Jools' Annual Hootenanny is synonymous with the festive period and nearly as much of a tradition as turkey and cranberry sauce is at Christmas. Why bother spending vast amounts of cash seeing the New Year in with drunken revellers in your local boozer, when you can relax in the company of Jools and friends and listen to some decent music? (2009 has been a big year for music [yes, we say that every year] and here's the chance to see some of the acts of the moment perform in this exciting music extravaganza. We've seen some exciting collaborations on this show over the years, so let's hope it's no different this time around. Various guests will also drop by the studios to discuss the music that shaped 2009. If that's not enough to convince you to tune in, the new decade will be brought in by the pipes and drums of the 1st Battalion of The Scots Guards.

C4

6.05 Yo Gabbba Gabbba. (R) (T) 6.35 Everybody Loves Raymond. (R) (T) 6.55 Everybody Loves Raymond. (R) (T) 7.20 Frasier. (R) (T) 7.40 Will & Grace. (R) (T) 8.05 According to Jim. (T) 8.30 T4: Friends. (R) (T) 8.55 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: 90210. (T) 10.55 T4: The World's Greatest Pop Star: Beyoncé. (R) (T) 12.00 A Place in the Sun: Home or Away. (R) (T) 1.05 FILM: Romancing the Stone (1984). Comedy adventure, starring Michael Douglas and Kathleen Turner. (T) 3.05 Come Dine with Me Extra Portions. (R) (T) 3.40 Come Dine with Me Extra Portions. (R) (T) 4.10 Deal or No Deal. (R) 4.55 Come Dine with Me Extra Portions. (R) (T) 5.30 Come Dine with Me Extra Portions. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollysaks. (T) 7.00 Channel 4 News. (T) 7.30 The Greatest Songs of the Noughties. Revisiting the music of the past 10 years, including a countdown of the 20 songs considered the best of the decade by the public in a nationwide poll. (R) (T) 9.00 Your Top 20 Celebrity Big Brother Moments. Highlights from the celebrity version of the reality show. (T) 10.00 The Greatest TV Shows of the Noughties. Small-screen viewing habits over the past 10 years. (R) (T) 11.45 Alan Carr: Chatty Man New Year's Special. (R) (T) 12.45 Hits and Headlines: Christmas Number Ones 95-08. (R) 2.40 One Minute Past Midnight. (R) (T) 2.50 FILM: South of St Louis (1948). Western, starring Joel McCrea. (T) 4.20 St Elsewhere. (R) (T) 5.05 Age of Love. (R) (T) 5.50 The Treacle People. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Fireman Sam. (R) (T) 7.10 The Beeps. (R) (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Roary the Racing Car. (R) (T) 7.40 Chiro. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.15 Little Princess. (R) (T) 9.30 The Milkshake! Show. (R) (T) 10.00 The Mr Men Show. (R) (T) 10.15 Olivia. (R) (T) 10.30 Zoo Days. (R) (T) 10.50 Michaela's Zoo Babies. (R) (T) 11.50 Ice Road Truckers. (R) (T) 12.50 Cruise. (T) 1.45 Five News. (T) 2.00 FILM: Journey to the Center of the Earth (1999). Adventure, starring Treat Williams. (T) 5.30 Knight Rider. (T) 6.20 Five News with Matt Barbet. (T) 6.50 FILM: White Hunter Black Heart (1990). A director travels to Africa to make his next feature but becomes obsessed with hunting an elephant. Fact-based drama, starring Clint Eastwood. (T) 9.00 Michael Jackson: 30th Anniversary Concert. The king of pop's anniversary concert from 2001, celebrating his 30 years as a solo performer and featuring appearances by Destiny's Child and Whitney Houston. (R) (T) 10.50 The Cheryl Cole Factor. (R) (T) 11.15 The Sexy Ads Show. (R) (T) 12.15 SuperCasino. 4.00 The Silence of the Lambs: The True Story. (T) 4.55 T4 Death. (T) 5.15 Brian Sewell's Grand Tour. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 Dickinson's Real Deal. (R) (T) 10.25 FILM: Murder, She Wrote: A Story to Die For (2000). Mystery, starring Angela Lansbury. (T) 12.05 Who Wants to Be a Millionaire? Christmas Special. (R) (T) 1.05 ITV News and Weather. (T) 1.25 London News and Weather. (T) 1.30 FILM: Murder on the Orient Express (1974). Agatha Christie mystery, starring Albert Finney. (T) 3.55 FILM: Superman (1978). Comic-strip adventure, starring Christopher Reeve. (T)

6.30 London Tonight; Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Emmerdale. Ryan fails to persuade Katie to go to Sheffield with him for New Year's Eve, ruining his chances of staying clear of Maisie. Val and Viv rope Jamie into sampling the new B&B menu. (T)

7.30 River Monsters. Biologist and extreme angler Jeremy Wade investigates reports of attacks by sharks in fresh water, including one that resulted in a man's death. Last in the series. (R) (T)

8.00 Emmerdale. Ryan tries to ignore Maisie when she makes suggestive comments to him in front of Katie, but his indifference only increases her anger, and she takes out her frustration on Faye. (T)

8.30 Coronation Street. Molly tries to lure Kevin away from Sally once and for all. Steve confronts Becky when he learns of her unwillingness to have children, and Rosie begins her new promotions job. (T)

9.00 Sleep with Me. The lives of literary reviewer Richard and his girlfriend Lella are turned upside down when they meet the seemingly harmless Sylvie, who lures them into a dark and menacing game. While Richard is gradually seduced by his new friend's subtle charm, growing more infatuated by the day, Lella is tormented by nightmares and disturbing childhood memories, and their lives are soon plagued by obsession, secrets and betrayal. Feature-length erotic thriller based on Joanna Briscoe's novel, starring Adrian Lester, Jodhi May, Anamaria Marinica and Kevin Doyle. (T)

10.35 Ad of the Decade. Ben Shephard narrates a countdown of the 20 greatest TV commercials of the past 10 years, featuring interviews with the stars of the ads and a host of celebrities. (R) (T)

11.35 ITV News: Countdown to 2010. (T)

12.05 FILM: Midnight Run (1988). Comedy thriller, starring Robert De Niro. (T) ITV News Headlines. 2.25 Six Degrees. (R) (T) 3.10 ITV Nightscreen.

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0715 Zig Zag 1400 Smallville, series 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2000 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Fringe, series 0015 5 Para A Meia Noite 0130 Iniciativa 0215 Discovery Hour 0315 Euronews

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Best of the Rest

BBC3
7.00 Politicians' Outtakes 7.30 Most Annoying People 2009 10.00 EastEnders 10.30 Family Guy 10.50 Family Guy 11.15 Russell Howard Live 12.25 Most Annoying People 2009 2.55 Katie Price: The Jordan Years 3.55 EastEnders: The Sins of Archie Mitchell 4.55 Politicians' Outtakes 5.25 Close

BBC4
7.00 Amazing Grace: The Grace Fields Story 8.00 Gracie! 9.20 Guitar Heroes at the BBC 10.20 Wallander 11.50 We Need Answers 12.20 Meet the British 1.20 The Great British Foreign Holiday 2.20 The Great British Wedding 3.20 The Great British Sunday 4.20 Guitar Heroes at the BBC 5.20 Close

ITV2
1.30 Film: Peter Pan PG (2003) 3.40 Take That Come to Town 4.40 Cheryl Cole's Night In 5.40 Creature Comforts 5.55 Film: Jack Frost PG (1998) 8.00 Fearnie and Alesha Dixon 9.00 Film: Love Actually 15 (2003) 11.45 Take That: The Circus Live 1.15 Take That: Backstage at the Circus 2.15 Coronation Street 2.40 Emmerdale 3.05 Emmerdale 3.30 Britain's Got More Talent: Most Talented 4.20 I'm a Celebrity: Unforgettable Trials 5.10 I'm a Celebrity: Jungle Kings and Queens

Sky1
1.00 Grease: The School Musical 1.30 Grease: The School Musical 2.00 Got to Dance Warm Up 3.00 Girls Aloud: Out of Control 4.30

Noel's Christmas Presents 2009 6.00 Are You Smarter Than Your Ten Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 All Star Don't Forget the Lyrics 9.00 All Star Don't Forget the Lyrics 10.00 Live in London 12.00 Madonna: Sticky and Sweet - Live from Buenos Aires 2.30 Road Wars 3.25 Don't Forget the Lyrics US 4.20 Don't Forget the Lyrics US 5.10 Don't Forget the Lyrics US

GOLD
1.20 Whatever Happened to the Likely Lads? 2.00 Blackadder: The Whole Rotten Saga 4.00 The Thin Blue Line 4.45 The Thin Blue Line 5.30 Blackadder Goes Forth 6.15 Blackadder Goes Forth 7.00 Fawcett Towers - Re-opened 9.00 Fawcett Towers 9.40 Fawcett Towers 10.15 Fawcett Towers 11.40 Fawcett Towers 12.20 Fawcett Towers 1.00 Fawcett Towers 1.40 Fawcett Towers 2.15 Hippies 2.50 Close Up 3.00 Close

TCM
1.00 The Great Bank Robbery U (1969) 3.00 Murder Ahoy U (1964) 4.50 Murder Most Foul U (1964) 6.40 Clash of the Titans PG (1981) 9.00 The Lost Boys 15 (1987) 11.00 Spawn 15 (1997) 12.55 The Hill PG (1965) 3.00 Teleshopping 5.00 Thunder Over the Plains U (1953)

The Disney Channel
Kids' programmes from 7am, except: 2.05 Film: Wizards of Waverly Place: The Movie PG (2009) Fantasy adventure, starring Selena Gomez.

MOVIES

Sky Movies Drama

6.30 The Preacher's Wife U (1996) 8.40 The Top 10 Show 9.00 The Express PG (2008) 11.20 The Mexican 15 (2001) With Brad Pitt. 1.30 Cast Away 12 (2000) With Tom Hanks. 4.00 December Boys 12 (2007) With Daniel Radcliffe. 5.50 The Preacher's Wife U (1996) With Whitney Houston. 8.00 Cast Away 12 (2000) With Tom Hanks. 10.30 21 12 (2008) With Kevin Spacey. 12.40 Deception 15 (2008) With Hugh Jackman. 2.30 Rumble Fish 18 (1983) With Matt Dillon. 4.10 Redemption of the Ghost PG (2001)

Sky Movies Comedy

6.20 House of Sex (1991) 8.15 Fool's Gold 12 (2008) 10.15 Meet the Spartans 12 (2008) 11.45 The House Bunny 12 (2008) With Anna Farris. 1.30 Ghost Dad PG (1990) With Bill Cosby. 3.00 Brewster's Millions PG (1985) With Richard Pryor. 4.45 Fool's Gold 12 (2008) With Matthew McConaughey. 6.45 Meet the Spartans 12 (2008) With Sean Maguire. 8.15 The House

Bunny 12 (2008) With Anna Farris. 10.00 Zack and Miri Make a Porno 18 (2008) With Seth Rogen. 11.45 Richard Pryor Live on the Sunset Strip 18 (1982) Stand-up from the Hollywood Palladium. 1.10 Brewster's Millions PG (1985) With Richard Pryor. 2.55 Zack and Miri Make a Porno 18 (2008) With Seth Rogen. 4.40 Stepping Out PG (1991)

Sky Movies Action/Thriller

6.00 The Hunt for Red October PG (1990) 8.15 The Hand That Rocks the Cradle 15 (1992) 10.10 Never Back Down 12 (2008) 12.05 The Incredible Hulk 12 (2008) With Edward Norton. 2.00 88 Minutes 18 (2007) With Al Pacino. 3.50 Never Back Down 12 (2008) With Sean Connery. 5.45 The Hunt for Red October PG (1990) With Sean Connery. 8.00 The Incredible Hulk 12 (2008) With Edward Norton. 10.00 Lethal Weapon 2 18 (1989) With Mel Gibson. 12.00 The Crew 18 (2008) With Scot Williams. 2.05 War, Inc 15 (2008) With John Cusack. 4.10 Airport 1975 PG (1974)



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SPORT

Sky Sports 1

6.00 Wayne Rooney's Street Striker 7.00 Good Morning Sports Fans 9.00 FIFA Futbol Mundial 9.30 Football Special 10.30 Goles Y Goles Y Goles 11.00 Live Tennis. Day one of the World Tennis Championship. 3.00 FIFA Futbol Mundial 3.30 Premier League World 4.00 Wayne Rooney's Street Striker 5.00 Premier League World 5.30 The Rugby Club 6.30 SPL Round-Up 7.00 Time of Our Lives 8.00 Ryder Cup 2010: Monty's Mission 10.00 Time of Our Lives 11.00 Fights of 2009 1.00 Ryder Cup 2010: Monty's Mission 3.00 Fights of 2009 5.00 Time of Our Lives

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Experience 8.00 Ten Pin Bowling 9.00 Wayne Rooney's Street Striker 10.00 IRB Rugby Sevens 1.00 Darts 5.00 Strongest Man 6.00 Speedway 8.00 Super League 10.00 Horse of the Year Show 12.00 Speedway 2.00 Tennis 4.00 Super League

Sky Sports 3

6.00 Women's Cricket Special 7.00 Test Cricket 9.00 Snooker 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Football Special 1.00 FIFA Futbol Mundial 1.30 Rugby Union 3.00 Transworld Sport 4.00 Ten Pin Bowling 5.00 WWE Vintage Collection 6.00 Horse of the Year Show 8.00 Ice Skating 9.00 Ice Skating 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 IRB Rugby Sevens 4.00 Ice Skating 5.00 Ice Skating

British Eurosport

7.30 MotoGP 8.30 World Superbikes 10.00 Champions Tour Golf 11.00 UEFA Champions League Classics 12.00 Ski Jumping 12.30 Live Ski Jumping. World Cup qualifying from Garmisch-Partenkirchen in Germany. 2.15 Figure Skating 3.30 UEFA Cup Classics 4.30 UEFA Champions League Classics 5.30 French Open Tennis 6.30 US Open Tennis 7.30 Ski Jumping 8.20 World Superbikes 9.50 MotoGP 11.50 British Superbikes 12.50 Close

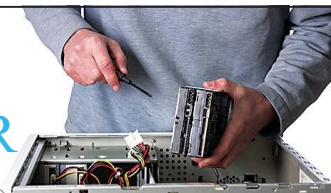
Sky Sports Xtra

6.00 Premiership Years 8.00 Masters Football 11.00 Premiership Years 11.00 Powder Adventures 1.30 Aerobics Oz Style 2.00 Masters Football 5.00 Premiership Years 7.00 Tennis 9.00 Poker 11.00 Snooker 1.00 Masters Football 4.00 Premiership Years

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BBC1

6.00 Breakfast. (T) 9.00 CBBC: Bear Behaving Badly. (R) (T) 9.20 What's New Scooby-Doo? (R) (T) 9.45 FILM: The Sword in the Stone (1963). Disney animated adventure, with the voice of Ricky Sorenson. (T) 11.05 FILM: Muppet Treasure Island (1996). Musical puppet comedy, with Tim Curry. (T) 12.35 The Archbishop of Canterbury's New Year Message. (T) 12.40 BBC News: Weather. (T) 12.50 Regional News: Weather. (T) 12.55 Doctor Who. (R) (T) 1.55 FILM: Shark Tale (2004). Animated adventure, with the voice of Will Smith. (T) 3.15 FILM: Superman Returns (2006). Comic-book adventure, starring Brandon Routh. (T)

5.40 BBC News: Weather. (T)
6.00 Regional News Programmes: Weather. (T)
6.10 EastEnders. The day of Amira and Syed's wedding arrives and Zainab questions Christian about his behaviour toward her son - leading to a shocking revelation. (T)

6.40 Doctor Who. Just over four years after his first full adventure - 2005's The Christmas Invasion - David Tennant makes his final appearance as the Doctor. Bernard Cribbins and John Simm co-star. (T)

7.55 EastEnders. Zainab refuses to believe a word of what Christian says, but when she arrives at the wedding and confronts Syed, her son confesses the truth and pleads with his mother to help him. (T)

8.30 Celebrity Mastermind. John Humphrys puts comedians Ed Byrne and John Bishop, TV presenter Anneka Rice and Casualty star Tristan Gemmill (Dr Adam Trueman) through their paces. (T)

9.00 Gavin & Stacey. A sad day for fans as the hit comedy draws to a close in what the writers have said will be the final episode. Preparations for Nessa and Dave's wedding are in full swing. Stacey has life-changing news for Gavin, and Bryn and Jason put their big secret to bed once and for all. Finally, the wedding arrives, and as Nessa prepares to make her way to the church, Smithy takes the opportunity to have one last chat. Mathew Horne, Joanna Page, James Corden, Ruth Jones and Rob Brydon star. Last in the series. (T)

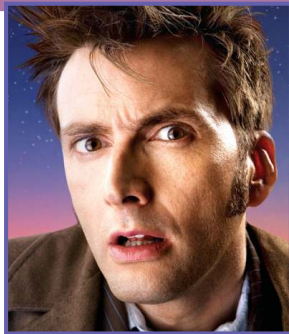
9.30 QI. Stephen Fry hosts the comedy quiz with a difference, and is joined by Graham Norton, David Mitchell, Dara O'Brian and Alan Davies. Today's topic is genius. (T)

10.00 Live at the Apollo. Alistair McGowan hosts the stand-up comedy show from the Hammersmith Apollo, introducing acts Kevin Bridges and Reginald D Hunter. Last in the series. (T)

10.30 BBC News: Weather. (T)
10.45 The National Lottery EuroMillions Draw. Carole Machin presents the draw. (T)

10.55 FILM: Sweet Home Alabama (2002). Romantic comedy, starring Reese Witherspoon and Josh Lucas; (T) Weatherview. (T)

12.40 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Arthur. (R) (T) 7.25 Inside Life. (R) (T) 7.55 Gimme a Break. (R) (T) 8.25 Wainwright Walks. (R) (T) 8.55 Great Railway Journeys. (R) (T) 9.45 Animal Park. (R) (T) 10.15 Who Do You Think You Are? (R) (T) 11.15 New Year's Day Concert. (T) 12.45 FILM: Big Jake (1971). Western, starring John Wayne. (T) 2.30 FILM: The Guns of Navarone (1961). World War Two adventure, starring Gregory Peck. (T) 5.00 The Archbishop of Canterbury's New Year Message. (R) (T) 5.05 Funny Women: Mollie Sugden. (R) (T) 5.35 Funny Women: John Inman. (R) (T) 6.05 Are You Being Served? (R) (T) 6.35 The Story of Are You Being Served? (T) 7.30 Are You Being Served? Pilot episode of the vintage department store comedy, shown for the first time in a new colourised version. (R) 8.00 Three Men Go to Ireland. Part two of two. The companions sail down the Shannon before visiting an allegedly haunted castle and Rory McGrath decides to host his own poetry festival in Limerick. (T) 9.00 FILM: The God Shepherd (2006). Premiere. A CIA worker faces a terrible choice between national security and the safety of his family. Spy drama, with Matt Damon and Robert De Niro. (T) 11.35 I'm Alan Partridge. (R) (T) 12.05 I'm Alan Partridge. (R) (T) 12.35 2009 Unwrapped with Miranda Hart. (R) (T) 1.40 FILM: Crossfire (1947). Drama, starring Robert Mitchum. (T) (bw) 3.00 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

Doctor Who, BBC1, 6.40pm

Well, it's here at last - the last-ever episode of David Tennant's Tardis tenure. It's also, of course, the final script written by Russell T Davies, and some might say that was a good thing. He may have resurrected the format, but his ideas have occasionally been a little too outlandish, while the stories themselves have promised much, only to end in anti-climax. But all the signs are pointing to the fact that that won't happen here. After all, neither he nor Tennant want to go with a whimper rather than a bang. As anybody who tuned into Christmas Day's episode will already know, the Master is back - and he's even more bonkers than ever before. Regular viewers will have presumed that he was the one who would "knock four times," as prophesied by Carmen in the episode Planet of the Dead back in April - but were they right? Now the Master is completely out of control, and an ancient trap is closing around the Earth. Only the Doctor knows how to stop it, and he has help from an unlikely companion - Donna's granddad Wilf. We already know the episode isn't going to end well for the gallivanting Gallifreyan, so get those hankies ready. Bernard Cribbins, John Simm, Timothy Dalton and Catherine Tate also star.

C4

6.05 Sali Mali. (R) (T) 6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 6.55 Everybody Loves Raymond. (R) (T) 7.25 FILM: The SpongeBob SquarePants Movie (2004). Children's animated comedy, with the voice of Tom Kenny. (R) 8.50 T4: Friends. (R) (T) 9.20 T4: Friends. (R) (T) 9.55 T4: 90210. (T) 10.50 T4: Mariah Carey Special: Under the Skin. (T) 11.55 A Place in the Sun: Home or Away. (T) 12.55 Jamie at Home. (R) (T) 1.30 Channel 4 Racing from Cheltenham. Exeter and Catterick. Including the 3.20 New Year Hurdle (2m 4 1/2f). (T) 4.00 Deal or No Deal: New Year Special. 5.00 Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.05 FILM: The Italian Job (1969). A crook puts together a foolproof plan to steal \$4million in gold and make a quick getaway in a fleet of Minis. Crime comedy, starring Michael Caine. (T) 9.05 The Big Fat Quiz of the Year 2009. Jimmy Carr is joined by three teams of celebrities for the seasonal entertainment quiz. Charlie Brooker, Jonathan Ross, David Mitchell, Russell Brand, Claudia Winkleman and Rob Brydon cast their minds back over the events of the past 12 months in a bid to lift the trophy, with a string of famous faces popping in to help jog their memories. (T) 11.10 Gordon Ramsay's New Year F Word. (R) (T) 12.35 Rude Tube. Showcasing the world's most popular internet videos. (R) (T) 1.35 The Last Dragon. (R) (T) 3.30 Beach Volleyball. (T) 4.20 St Elsewhere. (R) (T) 5.05 Age of Love. (R) (T) 5.25 One Tree Hill. (T)

FIVE

6.00 Milkshake! Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Hana's Helpline. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Fireman Sam. (R) (T) 7.00 The Beeps. (R) (T) 7.15 Bert and Ernie's Great Adventures. (R) (T) 7.20 Roary the Racing Car. (R) (T) 7.30 Noddy in Toyland. (R) (T) 7.40 Fifi and the Flowerpots. (R) (T) 7.55 Peppa Pig. (R) (T) 8.05 Peppa Pig. (R) (T) 8.10 Thomas & Friends. (R) (T) 8.25 The WotWots. (R) (T) 8.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 Little Princess. (R) (T) 9.15 The Milkshake Show. (R) (T) 9.45 The Mr Men Show. (R) (T) 10.00 Olivia. (R) (T) 10.15 Animal Rescue Squad. (R) (T) 10.45 Ice Road Truckers. (R) (T) 11.45 Crusoe. (R) (T) 12.45 FILM: The Muppets' Wizard of Oz (2005). Musical comedy fantasy, with Kermit and company. (T) 2.40 The Wonderful Wizard of Oz: The Making of a Movie Classic. (R) (T) 3.50 FILM: The Wizard of Oz (1939). Musical fantasy, starring Judy Garland. (T) 5.50 Five News Update. (T) 6.00 Knight Rider. (T) 7.00 Cowboy Builders. Melinda Messenger and Dominic Littlewood help a couple in Leeds who paid £22,500 for a loft conversion, only for the builders to neglect to install a vital supporting beam; (R) (T) 7.00 Five News Update. (T) 8.00 The Lion Cub from Harrods. How two Australians bought a young lion from the department store in 1969. (R) (T) 9.00 CSI: Grissom's Greatest. Sara is used as bait for a killer. (R) (T) 10.00 CSI: Grissom's Greatest. Part one of two. Grissom announces he is leaving the team. (R) (T) 11.00 CSI: Grissom's Greatest. (R) (T) 12.00 SuperCasino. 4.00 The FBI Files. (R) (T) 4.50 House Doctor. (R) (T) 5.15 Brian Sewell's Grand Tour. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Dickinson's Real Deal. (R) (T) 10.25 FILM: Carry On Screaming (1966). British spoof horror, starring Kenneth Williams. (T) 12.15 ITV News and Weather. (T) 12.30 FILM: Some Like It Hot (1959). Romantic comedy, with Jack Lemmon, Tony Curtis and Marilyn Monroe. (T) (bw) 2.50 The Railway Children. (R) (T) 4.50 FILM: Willy Wonka & the Chocolate Factory (1971). Musical adventure, with Gene Wilder. (T)

6.40 ITV News and Weather. (T)
7.00 Emmerdale. Ryan jumps at the chance to go to Home Farm with Katie, but only because he cannot stop thinking about Maisie. Meanwhile, Natasha realises she is happy with Mark, and visits Faye. (T)

7.30 Coronation Street. Steve and Becky wonder if their marriage was a mistake after realising they want different things from life, while Sophie is devastated that Sian has broken her vow of chastity. (T)

8.00 Countrywise. Paul Heiney visits East Anglia to celebrate the birthday of Suffolk's John Constable, one of Britain's best-loved landscape painters, and Betty Hughes explores the Fens. (R) (T) 8.30 Coronation Street. Unable to agree with Steve about babies, Becky announces she is going to sleep on the sofa, and Audrey's pleasant evening with Lewis prompts her to make Gal a surprising offer. (T)

9.00 Agatha Christie's Marple. The glamorous Ruth Van Rydock contacts her old friend Jane Marple with a mystery - her sister Carrie Louise's study has been devastated by a suspicious fire. While Carrie Louise has the same cheerful outlook as ever, Ruth fears dark forces are at play at Stonygates, the home Carrie shares with her third husband, various relatives and a motley crew of young criminals, the latest subject of Carrie's philanthropic endeavours. But on the evening before a theatrical show is staged for their guests, one of whom is Miss Marple, an even more fascinating performance takes place before their very eyes - one where the final act is murder. Julia McKenzie stars, with guest appearances from Joan Collins, Penelope Wilton, Brian Cox, Maxine Peake, Alexei Sayle, Sarah Smart, Ian Ogilvy, Sean Hughes and Nigel Terry. (T)

11.00 ITV News and Weather.
11.15 Piers Morgan's Review of the Year. The talk-show host, journalist and Britain's Got Talent judge is joined by celebrity guests to look back at the events and news that dominated 2009. It was a year that saw the inauguration of US President Barack Obama, continued fighting in Afghanistan, the death of Michael Jackson, the MPs' expenses scandal and the spread of swine flu. Piers also reviews the highlights of the sporting year, including England's victory in the Ashes and Formula 1 driver Jenson Button's world championship win. Andrew Flintoff, Louis Walsh, Amanda Holden, Fearnie Cotton, Michael Winner and Alistair Campbell contribute. (R) (T)

12.45 FILM: Connie and Carla (2004). Premise Comedy, starring Toni Collette and Nia Vardalos. (T) ITV News Headlines. 2.25 Six Degrees. (R) (T) 3.10 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sanguê do Meu Sanguê 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2115 Paí & Força 2215 Família, Família 0045 Film 0215 Film 0400 Amor e Intrigas 0445 Teleales

RTP2

0715 Zig Zag 1230 Film 1400 Smallville, series 1600 National Geographic 1700 Zig Zag 1830 AFé dos Homens 1900 TBA 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2315 The Mentalist, series 2330 5 Para A Meia Noite 0130 Palcos 0300 Bastidores 0330 Discovery Hour 0430 Euronews

SIC

0630 Sic Kids 0900 Tween Box 1000 O Mundo de Patty 1100 Film 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Film 2245 Film 0045 Film 0245 Film

TVI

0700 Children TV 0900 Film 1015 Inspector Max 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2130 Euronews 2145 Meu Amor 2245 Deixa Que Te Leve 2345 Film 0230 Sempre a Somar 0400 Film 0530 Teleales

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Best of the Rest

BBC3

7.00 Top of the Pops New Year's Eve 2009 7.55 Doctor Who: Confidential 8.55 Doctor Who's Greatest Moments: The Doctor 9.30 Gavin & Stacey: The Outtakes 10.00 EastEnders 10.30 EastEnders 11.10 Family Guy 11.30 Family Guy 11.55 Film: The Terminator 1.55 (1984) 1.35 Gavin & Stacey 2.05 Gavin & Stacey: The Outtakes 2.35 Trimming the Fat 2.55 Where Have I Been All Your Life 3.10 Top of the Pops New Year's Eve 2009 4.05 Doctor Who Confidential 5.05 Greek Uncovered 5.20 Close

BBC4

7.00 New Year's Day Concert 9.00 Guitar Heroes at the BBC 10.00 Queen: The Legendary 1975 Concert 10.50 The Faces: Sight and Sound in Concert 11.35 Guitar Heroes at the BBC 12.35 Rock Goes to College: Tom Petty 1.20 Les Paul - Chasing Sound 2.50 Peter Green: Man of the World 4.20 Close

ITV2

1.20 Coronation Street 1.50 Emmerdale 2.20 Emmerdale 2.50 Film: Ice Age: The Meltdown U (2006) 4.40 Creature Comforts 4.50 Ant & Dec's Christmas Show 6.05 Harry Hill's TV Burp Review of the Year 6.40 Film: Casper PG (1995) 8.35 Creature Comforts 8.50 Creature Comforts 9.00 Film: The Holiday 12 (2006) 11.50 Film: Notting Hill 15 (1999) 2.15 Coronation Street 2.40 Coronation Street 3.05 Emmerdale 3.30 The Office: An American Workplace 3.55 The Office: An American Workplace 4.20 The Office: An American Workplace 4.40 Telethopping 5.40 ITV2 Nightscreen
Sky1
1.30 Futurama 2.00 Futurama 2.30

Futurama 3.00 Film: Dragonheart PG (1998) 5.00 Gotta Dance Warm Up 6.00 Are You Smarter Than Your Ten Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.30 Michael Jackson's Private Home Movies 8.30 Michael Jackson's Private Home Movies 9.00 Bones 10.00 Lie to Me 11.00 UK Border Force 12.00 Road Wars 1.00 Road Wars 1.55 Don't Forget the Lyrics 2.50 Road Wars 3.15 Nothing But the Truth 4.10 Dom Joly's Happy Hour 5.05 Are You Smarter Than a 10 Year Old?

GOLD

1.00 Only Fools and Horses 1.40 Only Fools and Horses 2.20 Only Fools and Horses 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 Only Fools and Horses 5.00 Only Fools and Horses 5.40 Only Fools and Horses 6.20 Only Fools and Horses 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Film: The Wedding Singer 12 (1998) 10.50 Film: Mr Deeds 12 (2002) 12.50 The New Adventures of Old Christine 1.20 The New Adventures of Old Christine 1.50 The New Adventures of Old Christine 2.15 Citizen Smith 2.50 Close Up 3.00 Close

TCM

1.00 The Road to Hong Kong U (1962) 3.00 The Apartment PG (1960) 5.25 Carson City U (1952) 7.05 Once Upon a Crime PG (1992) 9.00 Reversal of Fortune 18 (1990) 11.10 So Fine 15 (1981) 1.00 Reversal of Fortune 18 (1990) 3.00 The Untouchables 5.00 The Road to Hong Kong U (1962)
The Disney Channel
Kids' programmes from Tam, except: 9.00 Film: High School Musical 2 U (2007) Sequel to the teen musical, starring Zac Efron.

MOVIES

Sky Movies Drama

6.05 Daydream Believers: The Monkees Story 15 (2000) 7.45 The Other Boleyn Girl 12 (2008) 9.45 Green Card PG (1990) 11.35 Apollo 13 PG (1995) With Tom Hanks. 2.00 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis. 3.40 Definately Maybe 12 (2008) With Ryan Reynolds. 5.40 Apollo 13 PG (1995) With Tom Hanks. 8.00 W 15 (2008) With Josh Brolin. 10.10 Vantage Point 12 (2008) With Dennis Quaid. 11.50 No Country for Old Men 15 (2007) With Josh Brolin. 2.00 My Kingdom 18 (2001) With Richard Harris. 4.00 The Top 10 Show 4.20 Yesterday's Children 12 (2000)

Sky Movies Comedy

6.35 35MM 7.05 June 12 (2007) 8.50 Tropic Thunder 15 (2008) 10.50 Get Smart 12 (2008) 12.50 Drillbit Taylor 12 (2008) With Owen Wilson. 2.35 The Christmas Clause PG (2008) With Lea Thompson. 4.15 June 12 (2007) With Ellen Page. 6.00 Tropic

Thunder 15 (2008) With Ben Stiller. 8.00 Get Smart 12 (2008) With Steve Carell. 10.00 Drillbit Taylor 12 (2008) With Owen Wilson. 11.45 Blazing Saddles 15 (1974) With Mel Brooks. 1.25 Bulletproof 18 (1996) With Adam Sandler. 2.55 Code Name: The Cleaner PG (2007) With Cedric the Entertainer. 4.30 35MM 5.00 Daddy Day Camp PG (2007)

Sky Movies Action/Thriller

6.10 Mighty Morphin Power Rangers: The Movie PG (1995) 8.00 35MM 8.30 Chaos 15 (2005) 10.30 Street Kings 15 (2008) 12.30 The Dark Knight 12 (2008) With Christian Bale. 3.10 Hitman 15 (2007) With Timothy Olyphant. 4.55 35MM 5.25 Chaos 15 (2005) With Jason Statham. 7.25 The Dark Knight 12 (2008) With Christian Bale. 10.00 Con Air 15 (1997) With Nicolas Cage. 12.00 Hitman 15 (2007) With Timothy Olyphant. 1.35 Street Kings 15 (2008) With Keanu Reeves. 3.30 Con Air 15 (1997) 5.30 Mighty Morphin Power Rangers: The Movie PG (1995)

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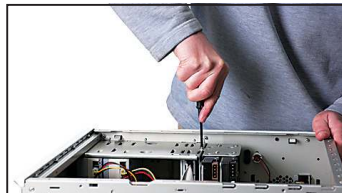
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BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.35 Rachel Allen: Home Cooking. (T) 12.00 BBC News; Regional News; Weather. (T) 12.15 Football Focus. (T) 1.00 Inside Sport: Kieren Fallon: The Road to Redemption. (R) (T) 1.30 Live Darts: BDO World Championships. The opening day at the Lakeside Country Club in Frimley Green. (T) 4.30 Final Score. (T)

5.10 BBC News: Regional News; Weather. (T)
5.30 Hole in the Wall. With Graham Cole, Gemma Merna, Kristian Digby and Alison Hammond. (R) (T)
6.00 So You Think You Can Dance. New series. Cat Deeley hosts the search for Britain's next dance star. Nigel Lythgoe and Arlene Phillips are joined by Louise Redknapp as they audition thousands of hopefuls. (T)

7.15 Total Wipeout - Celebrity Special. Comedian Joe Pasquale, presenters Dominic Littlewood and Kirsten O'Brien, comedy actress Cleo Rocos, actor Chris Parker (EastEnders), Olympic gold medal-winner Sally Gunnell, Welsh Women host Andrea McLean, model Danielle Lloyd, and TMI hosts Sam Nixon and Mark Rhodes are the second lot of foolhardy stars to take on the challenge of the Argentinian obstacle course. Before them stands a series of almost impossible physical challenges, including the now-legendary Big Balls, and only the fastest round the course will make it through to the Sweeper, a test of both balance and high-jumping skills. Dizzy Dummies ensures only the straightest will make it through to the final, and the winner will lift both the trophy and a £10,000 cheque for their chosen charity. Richard Hammond presents the fun from the comfort of the studio, with Amanda Byram chatting to the contestants in Argentina. (T)

8.15 The National Lottery: In It to Win It. New series. Dale Winton presents the quiz show in which five contestants answer questions to scoop a big prize. Includes the Lotto, Dream Number and Thunderball draws. (T)

9.05 Casualty. Feature-length episode. Adam and Jessica's wedding is interrupted by a summons to the hospital. Jay's treatment of an abused teenager helps Ruth make a decision about their future. (T)

10.55 BBC News; Weather; (T) National Lottery Update. (T)

11.15 FILM: Anchorman: The Legend of Ron Burgundy (2004). Seventies-set comedy, starring Will Ferrell; (T) Weatherview. (T)

12.55 Sign Zone: The Hairy Bikers' Twelve Days of Christmas. (R) (T) 1.55 Sign Zone: The Turn of the Screw. (R) (T) 3.25 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.15 Dennis and Gnasher. (R) (T) Bernard. (R) (T) 7.30 Shaun the Sheep. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Richard Hammond's Blast Lab. (R) (T) 8.30 Skate Nation; (T) Bernard. (R) (T) 9.30 Prank Patrol. (R) (T) 10.00 Ed and Ocho's Excellent Inventions. (T) 10.30 Keep Your Enemies Close. (T) 11.00 The Slammer. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 Greek. (T) 12.45 BBC Switch: The Season. (T) 1.15 BBC Switch: The 5:19 Show. (T) 1.35 BBC Switch: The Cut. (R) (T) 2.00 FILM: Spirited Away (2002). Animated fantasy, with the voice of Daveigh Chase. (T) 4.00 Escape to the Country. (T) 5.00 Coast. (R) (T) 6.00 Live Darts: BDO World Championships. The opening day of the organisation's blue-ribbon event continues with a further three first-round matches at the Lakeside Country Club, including Ted Hankey v Gary Robson. (T) 7.30 Dad's Army. Mainwaring's men pose as traitors. (R) (T) 8.00 Elvis By the Presleys. Tribute to Elvis Presley, featuring candid interviews with his former wife Priscilla and their daughter Lisa Marie, plus photographs and home movies from the family archives. Extended versions of this programme are on BBC Four from Tuesday to Friday evening. (T) 9.30 Elvis: Black Leather - The '68 Comeback Special. Highlights of the 1968 TV performance. (R) (T) 10.20 Qi XL. (T) 11.05 FILM: The Assassination of Richard Nixon (2004). Thriller starring Sean Penn. (T) 12.35 Darts: BDO World Championships. (T) 1.25 Darts Extra. (T) 3.25 Close.

Pick of the Day

Elvis By the Presleys - Uncut, BBC2, 8pm

It's nearly 75 years to the day that Elvis Aaron Presley was born in Tupelo, Mississippi, and what better way is there to celebrate this significant milestone than to devote an evening to arguably the greatest entertainer to have ever lived. The evening kicks off with Elvis By the Presleys — Uncut, a fitting tribute to the King, featuring candid interviews with his former wife Priscilla and their daughter Lisa Marie, plus private photographs and home movies from the Presley archives, along with vintage performance material. Aspects of Elvis's life, including his tours, time in Hollywood and personal relationships, are depicted with the insight that only a family can bring. Fans of the King will be salivating at the mouth at the prospect of some of tonight's other programmes dedicated to him, with Elvis in Vegas, which features some of his finest performances, home movies and rare archive footage. The programme reveals a bizarre tale of intrigue and excess, recounted by those closest to him. If that's not enough to convince you to tune in, the Beeb are broadcasting two performance specials: Elvis — The Comeback Concert, from 1968; and Elvis — Aloha from Hawaii, from 1973.

C4

5.50 Wat's Pig. (R) (T) 6.00 The Treacle People. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 The Hoobs. (R) (T) 7.00 Freesports on 4. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. (R) (T) 10.00 T4: Mariah Carey Special: Under the Skin. (T) 11.00 T4: Ugly Betty. (R) (T) 11.55 T4: Beyonce vs Rihanna: Top Ten. (R) (T) 1.00 T4: Scrubs. (R) (T) 1.30 T4: Scrubs. (R) (T) 2.00 Channel 4 Racing from Sandown Park and Ayr. Including the 2.35 Tolworth Hurdle (2m 1/2f). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 FILM: Night at the Museum (2006). A museum nightwatchman discovers the exhibits come to life and run riot once night falls. Comedy adventure, starring Ben Stiller and Dick Van Dyke. (T) 9.05 FILM: Bury My Heart at Wounded Knee (2007). Premiere. Three stories exploring the plight of Native Americans during the late 19th century. Epic drama, starring Aidan Quinn and Adam Beach. (T) 11.00 FILM: The Cider House Rules (1999). Drama, starring Tobey Maguire and Michael Caine. (T) 2.00 Home Road Movies. (R) (T) 2.10 The Dead Zone. (R) (T) 3.00 Abductees. (R) (T) 3.10 Scrapeheap Challenge. (R) (T) 4.10 British Made. (R) (T) 4.20 St Elsewhere. (R) (T) 5.10 Age of Love. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Fireman Sam. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 Milkshake Monkey. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.45 Make Way for Noddy. (R) (T) 7.55 Sailor Sid. (R) (T) 8.00 Roobarb and Custard Too. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 NFL UK. (T) 11.00 Ice Road Truckers. (R) (T) 12.00 Crusoe. (T) 12.55 Zoo: Days. (R) (T) 1.25 FILM: Mrs Lambert Remembers Love (1991). Family drama, starring Ellen Burstyn. (T) 3.25 FILM: Only You (1994). Romantic comedy, starring Marisa Tomei and Robert Downey Jr. (T) 5.30 Five News. (T) 5.40 FILM: The Mirror Has Two Faces (1996). Romantic comedy, starring Barbra Streisand and Jeff Bridges. (T) 8.00 NCIS. The bodies of two assassins are delivered to NCIS from overseas - so Tony and Ziva assume their identities and keep a rendezvous at a luxury hotel in a bid to identify their target. (R) (T) 9.00 CSI: NY: Hawkes and Danny enter the world of celebrity to investigate the death of an heiress, and a man is found dead on Brooklyn Bridge with a stab wound to the chest. (R) (T) 10.00 CSI: Crime Scene Investigation. A body seemingly appears from nowhere. (R) (T) 10.55 Law & Order: Special Victims Unit. (R) (T) 12.00 SuperCasino. 3.55 House Doctor. (R) (T) 4.20 House Doctor. (R) (T) 4.45 Rough Guide to Journeys. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Planet's Funniest Animals. (R) (T) 9.55 Coronation Street. (T) 12.15 News and Weather. (T) 12.19 London Weather. (T) 12.20 FILM: Batteries Not Included (1987). Sci-fi fantasy, starring Jessica Tandy. (T) 2.15 FILM: Innerspace (1987). Sci-fi comedy, starring Dennis Quaid. (T) 4.30 London Tonight; Weather. (T) 4.45 ITV News and Weather. (T)

5.00 Live FA Cup Football. Reading v Liverpool (Kick-off 5.15pm). (T)

7.15 Take Me Out. New series. Comedian Paddy McGuinness plays matchmaker to 30 women all looking for love. Each has a light, and it is up to the men who enter the 'love lift' to impress the ladies and win a date by wrestling, singing, fire-eating and flirting their way into their hearts. If they like what they see, they leave their light on, but if they are not amused by the bachelors' antics, they switch it off. (T)

8.15 All Star Mr & Mrs. New series. Holly Willoughby, Boris Becker and Judith Chalmers take part in the show, revealing how much they know about their partners. Fern Britton and Phillip Schofield present. (T)

9.20 Piers Morgan On. The journalist and TV presenter visits Las Vegas, where he chats to socialite and heiress Hilton and goes gambling with action superstar Sylvester Stallone, before taking a trip to an extravagant hotel for the super-rich where everything is free. He then investigates some of the more serious aspects of 'Sin City', including how casinos are struggling to pay their debts in the midst of the global recession and how years of drought have raised fears that the area is running out of water. (T)

10.15 ITV News and Weather; Weather. (T)
10.30 FA Cup Football Highlights. Matt Smith presents action from the third-round ties, featuring Reading v Liverpool at the Madejski Stadium, Sunderland v Barrow at the Stadium of Light and Middlesbrough v Manchester City at the Riverside Stadium. The Reds were visiting Reading for the first time since a 3-1 defeat in December 2007, while Barrow were facing Premier League opposition for the second year running, having pushed Middlesbrough all the way at this stage last year. With commentary by Clive Tyldesley and Peter Drury. (T)

12.00 FILM: Buffalo Bill and the Indians (1976). Western biopic, starring Paul Newman; (T) ITV News Headlines. 2.20 FILM: Starla: Prince of Darkness (1965). Hammer horror, starring Christopher Lee. (T) 3.55 Six Degrees. (R) (T) 4.40 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1

0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top-1530 The Vampire Diaries, series 1615 Telerural 1645 Programa das Festas 1900 O Prego Certo 2000 News 2100 A Voz do Cidadão 2115 Conta-me Como Foi 2215 Dança Comigo no Gelo 0030 Carga Pesada 0115 Lipstick Jungle, series 0200 Film 0400 Telesales

RTP2

0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Film 1400 Parlamento 1500 Sports 1900 Artes de Rua 1930 City Folks 2009 2000 Bastidores 2030 Documentary 2155 A Hora da Sorte 2200 News 2240 Film 0040 Film 0230 Sports 0630 Euronews

SIC

0600 Etnias 0645 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 Our World 1300 News 1400 Alta Definição 1430 Episódio Especial 1500 Film 1630 Film 1815 2000 News 2115 Perfeto Coração 2245 Não Há Censura 0000 Film 0215 Film 0430 Ciranda de Pedra

TVI

0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Uma Canção Para Ti 1615 Film 1815 Film 2000 News 2115 Meu Amor 2215 Deixa Que Te Leve 2300 Ele é Ela 0030 Film 0230 Sempre a Somar 0400 Film 0530 Telesales

Best of the Rest

BBC3

7.00 Doctor Who's Greatest Moments: The Enemies 7.30 Cars Toons 7.45 Top Gear Bolivia Special 9.05 Film: War of the Worlds 12 (2005) 10.55 Almost Famous 3.11.55 Family Guy 12.15 Family Guy 12.40 Russell Howard's Good News Xmas Extra Special 1.25 Almost Famous 3.22.55 the noughties - was that it? 4.55 Doctor Who's Greatest Moments: The Enemies 5.10 Close

BBC4

7.00 Marguerite and Armand 7.35 Cranford 9.05 Film: Dans Paris 15 (2006) 10.35 Margot 12.00 Mad Men 12.50 1959: The Year That Changed Jazz 1.50 1959 - A Panorama Guide 2.50 Margot 4.15 Close

ITV2

3.10 Stars on the Street 4.10 All Star Family Fortunes 5.00 Film: Wild Wild West 12 (1999) 7.05 Film: Corpe Bride PG (2005) 8.45 Film: The Nutty Professor 12 (1996) 10.35 Film: The Bodyguard 15 (1992) 1.10 Hollywood Lives 1.35 Hollywood Lives 2.00 Teleshopping 3.30 The Office: An American Workplace 3.50 The Office: An American Workplace 4.15 The Office: An American Workplace 4.35 Teleshopping 5.35 ITV2 Nightscreen

Sky1

1.00 Futurama 1.30 Film: The Librarian: The Curse of the Judas Chalice PG (2008) 3.15 Futurama

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MOVIES

Sky Movies Drama

6.00 Guilty as Sin 15 (1993) 7.50 Mail Order Bride 12 (2008) 9.25 I Could Never Be Your Woman 12 (2007) 11.10 Loving Leah PG (2009) With Lauren Ambrose. 12.50 Brideshead Revisited 12 (2008) With Matthew Goode. 3.10 No Reservations PG (2007) With Catherine Zeta-Jones. 5.00 Meet Joe Black 12 (1998) With Brad Pitt. 8.00 Pride and Glory 15 (2008) With Colin Farrell. 10.15 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 12.20 Foxfire 18 (1996) With Hedy Burress. 2.15 Paranoid 18 (1999) With Jessica Alba. 4.00 The Simple Life of Noah Dearborn PG (1999) 5.40 The Top 10 Show

Sky Movies Comedy

6.35 Semi-Pro 15 (2008) 8.10 35MM 8.40 This Christmas 12 (2007) 10.45 The Game Plan U (2007) 12.45 Ghost Town 12 (2008) With Ricky Gervais. 2.30 Disaster Movie 12 (2008) With Matt Lanter. 4.00 This Christmas 12 (2007) With Delroy

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Goleos Y Goleos Y Goleos 7.00 Premier League World 7.30 Football League Weekend 8.30 Goleos Y Goleos 9.00 Soccer AM 12.00 Soccer Special 5.15 Live Spanish Football. Valencia v Espanyol. 7.00 Super League 7.30 Live Darts. The semi-finals of the 2010 PDC World Championship. 11.00 SuperLeague 11.25 Live Test Cricket. Australia v Pakistan.

Sky Sports 2

6.00 FIFA Futbol Mundial 6.30 Rugby Union 7.00 Elite League Ice Hockey 9.00 NFL: America's Game 10.00 Darts 1.10 Live Tennis. The World Tennis Championship final. 5.00 Knockouts of 2009 5.30 Super League 6.00 NFL: Total Access 6.55 Live Spanish Football. Barcelona v Villarreal (Kick-off 7.00pm) and Atletico Madrid vs Sevilla (Kick-off 9.00pm). 11.00 NFL: Total Access 12.00 Tennis 2.00 Darts 5.30 FIFA Futbol Mundial

Sky Sports 3

6.00 Sports Unlimited 7.00 Transworld Sport 8.00 Tight Lines 9.00 Snooker 11.00 WWE: Smackdown 1.00 Transworld Sport 2.00 WWE: Bottom Line 3.00 Elite League Ice Hockey 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Tennis 10.00 WWE: Late Night - Superstars 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Max Power 4.00 Tennis

British Eurosport

7.30 Cross-Country Skiing 8.00 Cross-Country Skiing 8.30 Ski

Jumping 10.00 Live Nordic Combined Skiing. World Cup coverage from Oberhof, Germany. 10.45 Live Luge. The women's World Cup singles from Königssee, Germany. 11.45 Live Cross-Country Skiing. Tour de Ski coverage from Oberhof in Germany. 12.30 Live Ski Jumping. World Cup qualifying from Innsbruck. 2.15 Live Cross-Country Skiing. Further coverage of the Tour de Ski event from Oberhof in Germany. 3.15 Live Nordic Combined Skiing. World Cup coverage from Oberhof, Germany. 4.00 Wintersports Weekend 4.05 Luge 5.35 Bobsleigh 6.35 Ski Jumping 7.20 Dakar Rally 7.30 Live Indoor Football. The Harder Cup from Germany. 10.00 Dakar Rally 10.45 Fight Club 12.00 Dakar Rally 12.45 Wintersports Weekend 12.50 Close

Sky Sports Xtra

6.00 Race World 7.00 Max Power 8.00 Premiership Rugby Union 9.30 IRB Rugby Sevens 12.00 Rugby Union 2.00 Rugby Union 2.30 IRB Rugby Sevens 5.30 Rugby Union 7.00 Legends of Rugby 9.00 Snooker 11.00 Legends of Rugby 1.00 Spanish Football 3.30 Rugby Union 4.00 Legends of Rugby

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BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 BBC News. (T) 12.05 Cash in the Attic. (R) (T) 1.05 EastEnders. (T) 3.40 Doctor Who. (R) (T) 4.55 Songs of Praise. (T)

5.30 BBC News; Regional News; Weather. (T)
6.00 Life. David Attenborough narrates this documentary exploring extreme behaviour in the natural world, uncovering some of the strategies animals have developed to stay alive and to breed, from Komodo dragons tackling buffalo to the courtship battle of the humpback whale. He begins by focusing on the methods used by creatures such as cheetahs, bottle-nosed dolphins and Venus fly-traps to survive in harsh environments. (R) (T)

7.00 Countryfile. Matt Baker and Julia Bradbury reflect on their favourite encounters with British countryside creatures, and pay a visit to the British Wildlife Centre in Surrey, where they meet foxes, otters and red squirrels. Including Weather for the Week Ahead. (T)

8.00 Antiques Roadshow. Fiona Bruce and the team set sail for the Channel Islands, visiting Saumarez Park in Guernsey. Objects up for valuation include a piece of furniture used as target practice by the Germans during the occupation of the island, a giant sapphire once owned by a maharajah and a single bank note worth significantly more than its face value. (T)

9.00 Wallander. New series. The detective is called to a remote farmhouse, where he finds an elderly man has been brutally murdered, and his wife is close to death. He hears the woman mutter something before dying, but cannot decipher her words. When he is pressured into revealing what he believes they were, the consequences of his reply have a serious impact on life in the town of Ystad. Drama based on the best-selling books by Henning Mankell, starring Kenneth Branagh, Sarah Smart and Richard McCabe, with Dearbhla Molloy and Jane Watson. (T)

10.30 BBC News; Regional News; Weather. (T)
10.55 FILM: Under the Tuscan Sun (2003). Romantic comedy drama, with Diane Lane and Raoul Bova. (T)

12.40 The Sky at Night. (T) Weather. (T) 1.05 Sign Zone: James May's Toy Stories. (R) (T) 2.05 Sign Zone: Holby City. (R) (T) 3.05 Sign Zone: The Choir: Boys Don't Sing Revisited. (R) (T) 4.05 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) (T) 7.00 CBBC: Arthur. (R) 7.15 Dennis and Gnasher. (R) (T) 7.25 Dennis and Gnasher. (R) (T) 7.40 The Basil Brush Show. (R) (T) 8.05 Jinx; (R) (T) Bernard. (R) (T) 8.30 Dani's House. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.30 MI High. (R) (T) 10.00 Something for the Weekend. (R) (T) 11.30 Escape to the Country. (R) (T) 12.15 Animal Park. (R) (T) 1.00 Live Darts: BDO World Championships. Day two at the Lakeside Country Club. (T) 4.45 Ski Sunday. (T) 5.30 Live Darts: BDO World Championships. Day two at the Lakeside Country Club. (T) 7.00 This World: Closing Guantanamo. Michael Portillo examines the infamous American detention camp. (T) 8.00 Top Gear. Testing the BMW X6 in Australia, Spain and Barbados. Last in the series. (T) 9.00 Elvis in Vegas. Using archive footage, this documentary explores the story of how Elvis Presley transformed Las Vegas but how the same city helped to destroy him. (T) 10.00 Elvis: Aloha from Hawaii. This 1973 concert features Elvis Presley singing 25 of his greatest hits, including Blue Suede Shoes, Hound Dog and Suspicious Minds. (R) (T) 11.05 Three Men Go to Ireland. (R) (T) 12.05 Darts: BDO World Championships. (T) 12.55 Darts Extra. First-round highlights from the BDO World Championships. (T) 2.55 BBC News. (T) 4.05 Close.

5.55 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.05 Beach Volleyball. (R) (T) 8.00 Sailing. (R) (T) 8.30 Freesports on 4. (T) 8.55 T4: The Hills. Lauren and Heidi still cannot work through their differences. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: Hollyoaks. (T) 12.25 T4: Your Top 20 Celebrity Big Brother Moments. (R) (T) 1.30 T4: Friends. (R) (T) 2.10 FILM: T4: Jungle 2 Jungle (1997). Comedy, starring Tim Allen. (T) 4.00 T4: The Simpsons. (R) (T) 4.30 T4: The Simpsons. (R) (T) 5.00 Deal or No Deal. (T) 5.50 The Simpsons. (R) (T) 6.15 The Simpsons. (R) (T) 6.45 Channel 4 News. (T) 7.15 FILM: The Simpsons Movie (2007). Premiere. Springfield faces destruction after Homer attracts the wrath of the government. Featuring the voices of Dan Castellaneta and Julie Kavner. (R) (T) 9.00 Celebrity Big Brother: The Launch. New series. Davina McCall launches the seventh and final series of the celebrity reality show, revealing the identities of the stars who will be saying goodbye to the outside world, as they prepare to enter the Big Brother house and meet their fellow contestants. (T) 10.20 Rude Tube 2010. (T) 12.25 Celebrity Big Brother: Live. 4.00 In Your Dreams. (R) (T) 4.10 St Elsewhere. (R) (T) 4.55 Age of Love. Mark Philippoussis quizzes the women on tennis. (R) (T) 5.45 The Treacle People. (R) (T)

Pick of the Day

Wallander, BBC1, 9pm

Let's face it, our TV schedules aren't exactly short of a crime drama or two. They're not only all over our terrestrial channels, but on digital ones too, whether they're imports from the US, or classics from the archive. But while many of the new batch turn out to be instantly forgettable, a few become television events — including Wallander. Visually stunning, with gripping storylines and brilliant performances, its first series was a must-see. Now Kenneth Branagh is back as the diabetes-suffering, emotionally damaged Swedish detective whose empathy with the victims of the crimes he investigates has turned him into a troubled soul. In the first of three more cases, Wallander heads up a team called in to find out who has tortured a seemingly penniless farmer and his wife. The patriarch dies during his ordeal, but when Wallander arrives on the scene, the woman is still alive and with her dying breath manages to whisper a word that may be 'foreigner' to him. This information is leaked to the press, leading to a series of vigilante attacks on migrant workers by a shadowy local gang. Wallander and his team must then work out who is behind the deaths, and why the farmer and his wife were targeted in the first place.

C4

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Fireman Sam. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.40 The WowTots. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.15 The Beeps. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.40 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Olivia. (R) (T) 9.10 Little Princess. (R) (T) 9.25 Chiro. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Shake!: Snobs. (R) (T) 10.35 Wizards of Waverly Place. (T) 11.10 Hannah Montana. (T) 11.45 The Tribe. (T) 12.10 Zoo Days. (R) (T) 12.20 Zoo Days. (R) (T) 12.35 FILM: Execution of Justice (1999). Fact-based crime drama, starring Tyne Daly. (T) 2.40 FILM: Viva Las Vegas (1964). Musical, starring Elvis Presley. (T) 4.20 FILM: Stuart Little 3: Call of the Wild (2005). Premiere. Children's animated adventure, with the voice of Michael J. Fox. (T) 5.50 Five News. (T) 6.00 FILM: Cahill, US Marshal (1973). A lawman who has neglected his sons is dismayed to discover they have turned to a life of crime. Western, starring John Wayne and George Kennedy. (T) 8.00 Nature Shock. Experts question whether an incident from 1997, in which a great white shark was killed and eaten by an orca, warrants a reconsideration of the ocean's food chain. (R) (T) 9.00 FILM: Deep Blue Sea (1999). A scientist develops super-intelligent sharks - but the creatures escape and cause havoc. Thriller, starring Saffron Burrows and Samuel Jackson. (T) 11.05 CCTV. (R) (T) 12.05 Ultimate Fighting Championship. (T) 1.00 NFL Live. The latest game. 4.00 House Doctor. (R) (T) 4.25 House Doctor. (R) (T) 4.50 Rough Guide to Bang for Your Buck. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Fireman Sam. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.40 The WowTots. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.15 The Beeps. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.40 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Olivia. (R) (T) 9.10 Little Princess. (R) (T) 9.25 Chiro. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Shake!: Snobs. (R) (T) 10.35 Wizards of Waverly Place. (T) 11.10 Hannah Montana. (T) 11.45 The Tribe. (T) 12.10 Zoo Days. (R) (T) 12.20 Zoo Days. (R) (T) 12.35 FILM: Execution of Justice (1999). Fact-based crime drama, starring Tyne Daly. (T) 2.40 FILM: Viva Las Vegas (1964). Musical, starring Elvis Presley. (T) 4.20 FILM: Stuart Little 3: Call of the Wild (2005). Premiere. Children's animated adventure, with the voice of Michael J. Fox. (T) 5.50 Five News. (T) 6.00 FILM: Cahill, US Marshal (1973). A lawman who has neglected his sons is dismayed to discover they have turned to a life of crime. Western, starring John Wayne and George Kennedy. (T) 8.00 Nature Shock. Experts question whether an incident from 1997, in which a great white shark was killed and eaten by an orca, warrants a reconsideration of the ocean's food chain. (R) (T) 9.00 FILM: Deep Blue Sea (1999). A scientist develops super-intelligent sharks - but the creatures escape and cause havoc. Thriller, starring Saffron Burrows and Samuel Jackson. (T) 11.05 CCTV. (R) (T) 12.05 Ultimate Fighting Championship. (T) 1.00 NFL Live. The latest game. 4.00 House Doctor. (R) (T) 4.25 House Doctor. (R) (T) 4.50 Rough Guide to Bang for Your Buck. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 FA Cup Football Highlights. (R) (T) 10.55 FILM: Beethoven's 5th (2003). Family comedy, starring Daveigh Chase. (T) 12.40 News and Weather. (T) 12.44 London Weather. (T) 12.45 Live FA Cup Football. Manchester United v Leeds United (Kick-off 1.00pm). (T) 3.15 Athletics Do the Funniest Things. (R) (T) 3.45 London Tonight; Weather. (T) 4.00 Live FA Cup Football. West Ham United v Arsenal (Kick-off 4.15pm). (T)

6.30 ITV News and Weather. (T)
6.45 Harry Hill's Best of TV Burp. Another chance to see Harry's take on cult series including Snog, Harry, Avoid? and Natural Born Sellers. Plus, Noel Edmonds calls into the show from the set of Deal or No Deal. (T)

7.15 All Star Family Fortunes. Former athlete Colin Jackson and broadcaster Esther Rantzen are joined by their families as they compete to win up to £30,000 for their chosen causes. Cardiff-based youth charity Fairbridge and ChildLine respectively. Hosted by Vernon Kay. (T)
8.00 Agatha Christie's Poirot. The detective's friend Sir Charles Cartwright (guest star Martin Shaw) hosts a cocktail party at his home in Cornwall, where an amiable local reverend chokes to death on his drink. There seems to be no motive for murder, and no trace of poison found in the victim's glass, but weeks later, when Sir Charles's doctor friend Sir Bartholomew Strange dies in similar circumstances, he and Poirot team up to investigate. Drama, with Art Malik, Jane Asher and Anna Carteret, and David Suchet in the title role. (T)

10.00 ITV News and Weather. (T)
10.15 Cops with Cameras. An insight into the war on drugs across the nation. South Wales Inspector Joe Jones becomes involved in the dramatic interception of a suspected heroin dealer on the M4. In Oldham, Sergeant Mike Peake and his team try to track down an alleged drug dealer, and PC Al Roberts is on the trail of a drugs farm in Plymouth. (R) (T)

11.15 FA Cup Football Highlights. Action from today's third-round matches, including Manchester United v Leeds United at Old Trafford, Chelsea v Watford at Stamford Bridge and West Ham United v Arsenal at Upton Park. Leeds were looking to cause a shock and record their first win over the Red Devils since 2002, while the Hammers and the Gunners met for the first time since sharing a 2-2 draw in October. Presented by Ned Boulting, with commentary by Clive Tyldesley and Peter Drury. (T)

12.15 Premiership Rugby Union. 1.15 Nightwatch with Steve Scott. Mystery. (T) (T) ITV News Headlines. 2.15 FILM: DC Sniper: 23 Days of Fear (2003). Fact-based drama, starring Charles S. Dutton. (T) 3.50 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1115 Film 1300 News 1415 Sô Visto! 1530 V. series 1615 Família, Família 1800 Da-me Música 2000 News 2100 Aos Escólas de Marcelo Rebelo de Sousa 2130 O Último Passageiro 2345 Hora da Sorte: Sorteio do Joker 0000 Film 0200 Film 0345 TeleSales 0605 Nôs

RTP2
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x 1000 Nôs 1100 Iniciativa 1130 Consócio 1200 Vida Por Vida 1230 Olhar o Mundo 1300 Biosfera 1345 Documentário 1445 A Voz do Cidadão 1500 Sports 1900 Couto & Coutadas 1930 Alma e Gente 2000 The Simpsons 2100 Documentary 2200 News 2230 Câmara Clara 2340 Britcom 0040 Onda Curta 0145 Sports 0515 Euronews

SIC
0630 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Film 1615 Film 1800 Film 2000 News 2130 Perfeito Coração 2215 Idolos 0045 Film 0230 Quando o Telefone Toca 0430 Ciranda de Pedra
TVI
0700 Children's TV 0900 Smackdown, wrestling 1000 Inspector Max 1100 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Meu Amor 2215 Deixa Que Te Leve 2330 Film 0200 Sempre A Somar 0330 Film 0500 TeleSales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Doctor Who 8.15 Doctor Who Confidential 9.00 Film: King Arthur 12 (2004) 10.55 Family Guy 11.15 Family Guy 11.40 Gavin & Stacey 12.10 Gavin & Stacey: The Outtakes 12.40 the noughties - was that it? 3.10 Gavin & Stacey 3.40 Gavin & Stacey: The Outtakes 4.10 Doctor Who Confidential 5.10 Close
BBC4
7.00 Cranford 8.30 Cranford Under the Bonnet 9.00 Film: La Vie en Rose 12 (2007) 11.10 Charlie Brooker's Screenwipe Review of 2009 11.50 Mad Men 12.40 Guitars Heroes at the BBC 1.40 Guitars Heroes at the BBC 2.40 Guitars Heroes at the BBC 3.40 Charlie Brooker's Screenwipe Review of 2009 4.20 Close
ITV2
2.50 Take Me Out 3.45 Film: Corpse Bride PG (2005) 5.25 Film: Scooby-Doo PG (2002) 7.15 Film: Scooby-Doo 2: Monsters Unleashed PG (2004) 9.00 Film: Nutty Professor II: The Klumps 12 (2000) 11.10 Film: Disclosure 18 (1994) 1.45 Harry Hill's the Best of TV Burp 2.10 Teleshopping 4.40 The Office: An American Workplace 5.00 The Office: An American Workplace 5.20 The Office: An American Workplace 5.40 ITV2 Nightscreen

The Portugal News has its distribution figures officially audited. Call 707 500 677 for details.

Sky1
1.00 Bite Size Brainiac 1.10 Film: Stargate: Continuum PG (2008) 3.00 Oops TV 4.00 Got to Dance Warm Up 5.00 The Simpsons 5.30 The Simpsons 6.00 Got to Dance 7.00 Got to Dance 8.00 Football's Next Star 9.00 Ross Kemp Middle East: Gaza 10.00 War Torn Warriors 11.00 Got to Dance 12.00 Got to Dance 1.00 Football's Next Star 1.50 Road Wars 2.40 Road Wars 3.30 Football Behind Bars 4.20 Road Wars 4.45 Hello Goodbye 5.10 Are You Smarter Than a 10 Year Old?
GOLD
1.05 Only Fools and Horses 2.10 Only Fools and Horses 3.30 Only Fools and Horses 4.35 Only Fools and Horses 5.40 Only Fools and Horses 6.50 Only Fools and Horses 7.55 Only Fools and Horses 9.00 Only Fools and Horses 10.05 Only Fools and Horses 11.05 Jo Brand: Through the Cakehole Christmas Special 12.00 Hippies 12.40 Vic Reeves Big Night Out 1.15 Citizen Smith 1.55 Citizen Smith 2.30 Hippies 3.00 Close
TCM
1.00 Vera Cruz PG (1954) 3.00 The Russians Are Coming! The Russians Are Coming! U (1966) 5.20 Chuck Jones: Memories of Childhood 6.00 Gypsy PG (1962) 9.00 Band of Brothers 9.55 Band of Brothers 11.15 Pet Sematary 18 (1989) 1.20 Ron Howard: 50 Years in Film 3.00 Teleshopping 5.00 Vera Cruz PG (1954)

The Disney Channel
Kids' programmes from 7am, except: 6.30 Film: Wizards of Waverly Place: The Movie PG (2009) Fantasy adventure, starring Selena Gomez. 9.00 Film: Daddynapped PG (2009) Comedy adventure, starring Emily Osment.

MOVIES

Sky Movies Drama

6.00 The Astronaut Farmer PG (2006) 7.50 Golden Globes Nominations 8.20 Jennifer Eight 15 (1992) 10.30 Nights in Rodanthe PG (2008) 12.15 The Bucket List 12 (2008) With Jack Nicholson. 2.00 Out of Africa PG (1985) With Meryl Streep. 4.40 Charlie Wilson's War 15 (2007) With Tom Hanks. 6.25 Empire of the Sun PG (1987) With Christian Bale. 9.00 Changeling 15 (2008) With Angelina Jolie. 11.25 Nights in Rodanthe PG (2008) With Richard Gere. 1.05 Control 15 (2007) With Sam Riley. 3.15 Do the Right Thing 18 (1989) 5.20 Taken Away PG (1996)

Sky Movies Comedy

6.00 Death Becomes Her PG (1992) 7.50 The Christmas Clause PG (2008) 9.20 The Women 12 (2008) 11.15 Role Models 15 (2008) With Paul Rudd. 1.00 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 3.00 Balls of Fury 12 (2007) With Dan Fogler. 4.35 The Christmas Clause PG (2008) With Lea Thompson. 6.05 The Women

12 (2008) With Meg Ryan. 8.00 Role Models 15 (2008) With Paul Rudd. 9.45 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 11.45 Death Becomes Her PG (1992) With Meryl Streep. 1.35 Balls of Fury 12 (2007) With Dan Fogler. 3.15 License to Wed 12 (2007) 4.45 McHale's Navy PG (1997)

Sky Movies Action/Thriller

6.10 Point Last Seen PG (1998) 7.50 The Scorpion King 2: Rise of a Warrior 12 (2008) 9.50 Michael Clayton 15 (2007) 12.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 2.10 Disturbia 15 (2007) With Shia LaBeouf. 4.10 Rumble in the Bronx 15 (1995) With Jackie Chan. 5.50 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 8.00 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 10.00 Exit Wounds 18 (2001) With Steven Seagal. 11.45 The Gimp Man 18 (1996) With Steven Seagal. 1.30 Rumble in the Bronx 15 (1995) With Jackie Chan. 3.05 Mr Brooks 18 (2007) 5.10 Point Last Seen PG (1998)



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SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v Pakistan. 8.00 Live Test Cricket. South Africa v England. 4.00 Live Premiership Rugby Union. London Wasps v Newcastle Falcons (Kick-off 4.30pm). 6.30 Scottish Premier League Football 7.00 Live Darts. The 2010 PDC World Championship. 11.00 Scottish Premier League Football 11.25 Live Test Cricket. Australia v Pakistan.

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Wild Spirits 7.00 Spanish Football 9.30 The Sunday Supplement 11.00 Goals on Sunday 12.45 3.30 Powder Adventures 4.00 Race World 5.00 Test Cricket 5.55 Live Spanish Football. Mallorca v Athletic Bilbao (Kick-off 6.00pm) and Ossunupa v Real Madrid (Kick-off 8.00pm). 10.00 Scottish Premiership Football 10.30 Premiership Rugby Union 11.30 This Week In WWE 12.00 WWE: Late Night - Afterburn 1.00 WWE Vintage Collection 2.00 Darts 4.00 Premiership Rugby Union 5.00 Close

Sky Sports 3

6.00 Watersports World 7.00 Darts 10.30 Powder Adventures 11.00 Racing News 11.30 Wild Spirits 12.00 Live Scottish Premier League Football. Celtic v Rangers (Kick-off 12.30pm). 3.00 Max Power 4.00 This Week In WWE 4.30 WWE: Experience 5.30 Live NFL. The first of this evening's double bill. 9.00 Live NFL. The second of this evening's double bill. 12.30 Spanish Football 2.30 Scottish Premier League Football 3.00 Close

British Eurosport

7.30 Dakar Rally 8.15 Sic Jumping 8.40 Wintersports Weekend 8.45 Live Alpine Skiing. The World Cup racing from Zagreb-Sljamje in Croatia. 9.45 Live Nordic Combined Skiing. World Cup coverage from Oberhof, Germany. 10.30 Live Luge. The World Cup meeting from Konigssee in Germany. 11.15 Live Alpine Skiing. The World Cup meeting from Zagreb-Sljamje. 12.15 Nordic Combined Skiing 12.30 Live Sic Jumping. The World Cup meeting in Innsbruck in Austria. 2.30 Live Cross-Country Skiing. Tour de Sic coverage from Oberhof in Germany. 4.10 Wintersports Weekend 4.15 Figure Skating 6.15 Alpine Skiing 7.15 Luge 7.20 Dakar Rally 7.30 Sic Jumping 9.00 Luge 10.00 Dakar Rally 10.45 Race of Champions 11.45 Dakar Rally 12.25 Wintersports Weekend 12.30 Close

Sky Sports Xtra

6.00 Powder Adventures 6.30 Strongest Man 7.30 This Week In WWE 8.00 WWE: Afterburn 9.00 WWE Vintage Collection 10.00 Watersports World 11.00 Horse of the Year Show 1.00 Show Jumping 2.00 Legends of Rugby 4.00 Speedway 6.00 Snooker 8.00 Test Cricket 10.00 Test Cricket 11.00 Pool 12.00 Snooker 2.00 Race World 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Her Hunters. (R) (T) 10.00 Wanted Down Under. (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (T) 3.50 Ooglies. (R) (T) 4.05 Sorry, I've Got No Head. (R) (T) 4.35 MI High. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public answer questions in the hope of winning a cash prize. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 Celebrity Mastermind. Actors John Thomson and Matthew Lewis, comedian Stewart Lee and Paralympic swimmer Sascha Kindred take their turns answering John Humphrys' questions. (T)

7.30 My Family. Roger and Abi announce they have set a date for their wedding, which sets Susan thinking about what a disappointment her own big day was. She suggests to Ben they renew their marriage vows, but he is invited to one of the most important football matches of the season - which happens to be on the same day as their ceremony. (R) (T) BBC News; Regional News. (T)

8.00 EastEnders. Ronnie resolves to catch Archie's killer and soon points the finger at Janine, while Heather Lewis Phil led to the police about his whereabouts at the time of the murder. (T)
8.30 DIY SOS. Nick Knowles and the team come to the aid of the Oxford. Andy took two years off work to look after son Jordan and care for wife Lisa, who was diagnosed with brain cancer. This left no time to finish their extension, and the lack of space forced them to share the same bed. The experts are dispatched to the family home in Frimley, Surrey, to rescue the situation. (R) (T)

9.00 Hustle. New series. As brother-and-sister duo Sean and Emma continue to be beneficial to the team, Albert is busy priming the next unsuspecting victim - former banker Piggy Richardson, who has been hounded by the media following a public pension scandal. However, everything is thrown into disarray when a mysterious woman enquires about Mickey's whereabouts. Starring Robert Vaughn and Adrian Lester. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 FILM: Face/Off (1997). Action thriller, starring John Travolta and Nicolas Cage; (T) Weatherview. (T)

12.50 Sign Zone: Who Do You Think You Are? (R) (T) 1.50 Sign Zone: Alexander Armstrong's Very British Holiday. (R) (T) 2.50 Sign Zone: Horizon. (R) (T) 3.50 Sign Zone: An Island Parish. (R) (T) 4.20 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 Planet Ajiay. (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 FILM: One of Our Dinosaurs Is Missing (1975). Disney family comedy, starring Peter Ustinov. (T) 12.30 Working Lunch. (R) 1.00 Darts: BDO World Championships. (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (R) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 Live Darts: BDO World Championships. Colin Murray is joined by Bobby George to present coverage of the remaining first-round ties on day three at the Lakeside Country Club in Frimley Green. (T) 8.00 University Challenge. (T) 8.30 FILM: Death Defying Acts (2007). Premiere. Escapologist Harry Houdini is targeted by a bogus psychic during a Scottish tour. Period drama, with Guy Pearce and Catherine Zeta-Jones. (T) 10.00 Nurse Jackie. New series. Dark medical comedy, starring Edie Falco. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Darts: BDO World Championships. (T) 12.10 Darts Extra. (T) 2.10 BBC News. (T) 4.20 Close.

Pick of the Day

Above Suspicion: The Red Dahlia, ITV1, 9pm

When you set out to make a drama that will rival Prime Suspect, you're setting your hopes and ambitions pretty darned high. But Above Suspicion was everything that we had hoped, and more, when it aired for the first time last year. And now, the gritty detective drama is back. Above Suspicion: The Red Dahlia, has been adapted by Lynda La Plante from her successful second novel about rookie detective, Anna Travis, played by Kelly Reilly. Travis is reunited with the inimitable DCI James Langton (Clair-Hinds), to face her most challenging and terrifying case yet. When the body of a young woman is discovered by the Thames, sadistically mutilated and drained of blood, it would seem an ominous re-enactment of the infamous unsolved murder, from 1940s Los Angeles, dubbed the Black Dahlia. At the post-mortem, the pathologist confirms that the mutilations carry the mark of a professional, possibly with surgical experience. The victim's body has been scrubbed hard, using bleach, and some internal organs are missing. To aid identification, a cleaned up photograph of the girl is created, with her facial injuries airbrushed away. The move pays off when Sharon Blkin (Holiday Granger) contacts DC Anna Travis after seeing the new photo in the press. She recognises the victim as her flatmate, Louise Pennel (Ty Glaser).

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Yo Gabba Gabba. (R) (T) 7.20 Celebrity Big Brother: The Launch. (R) (T) 8.35 4Music: The Hollies' Music Show. (R) (T) 9.05 Frasier. (R) (T) 9.35 Will & Grace. (R) (T) 10.05 According to Jim. (T) 10.35 Friends. (R) (T) 11.05 Friends. (R) (T) 11.35 The Big Bang Theory. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 A Place in the Sun: Down Under. (R) (T) 1.05 3 Minute Wonder: Juggling Homelessness. (R) (T) 1.10 FILM: The Golden Voyage of Sinbad (1974). Arabian adventure, starring John Phillip Law. (T) 3.10 Celebrity Come Dine with Me Extra Portions. (R) (T) 3.40 Celebrity Come Dine with Me Extra Portions. (R) (T) 4.10 Deal or No Deal. (T) 4.45 Celebrity Come Dine with Me Extra Portions. (R) (T) 5.30 Celebrity Come Dine with Me Extra Portions. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Real Life Secrets. New series. Docu-drama telling the stories of four black teenage girls. (T) 8.00 The Mystery of the Nevada Triangle. Aircraft disappearances in the Sierra Nevada mountains. (T) 9.00 Generation XXL. Part one of two. Following overweight children to find out how their size affects them as they grow up, being with three youngsters who are becoming more aware of their bodies. (T) 10.00 Celebrity Big Brother. More from the house. (T) 11.10 The Big Fat Quiz of the Year 2009. (T) 11.15 Celebrity Big Brother: Live. 4.00 St Elsewhere. (R) (T) 4.45 Age of Love. (R) (T) 5.35 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Hana's Helpline. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Rory the Racing Car. (R) (T) 7.40 Milkshake! Monkey. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Lodgers. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Monster Moves. (R) (T) 1.45 Neighbours. (T) 2.15 Nigel Marven's Shark Island. (R) (T) 3.05 Zoo Days. (R) (T) 3.10 FILM: Aces 'n' Eights (2008). Western, starring Casper Van Dien. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (R) (T) 6.25 Live from Studio Five. (T) 7.30 How Do They Do It? Robert Llewellyn visits Drax in North Yorkshire, home of the largest power station in the UK, and learns how diamonds are mined in the inhospitable climes of Yellowstone, Canada. (R) (T) 7.30 Five News Update. (T) 8.00 Police Interceptors. Officers pursue a group of car thieves; (R) (T) 8.00 Five News at 9. 9.00 FILM: Wyatt Earp (1994). The story of the legendary lawman, from his early youth to his days as sheriff of Tombstone, Arizona. Western, starring Kevin Costner and Dennis Quaid. (T) 12.45 Urban Legends. (R) (T) 1.15 SuperCasino. 4.00 The FBI Files. (R) (T) 4.55 Rough Guide to Beaches. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Nick's Quest. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

6.00 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Nathan warns Ryan not to hurt Maisie, Aaron overreacts to Cain's taunts after he is charged up by a gay customer, and Nicola accuses Ashley of having an affair with Sally. (T)

7.30 Coronation Street. Joe faces more threats from the loan shark when the sale of No 8 falls through. Sally agrees to whatever treatment is recommended by the specialist, and Becky pours her heart out. (T)

8.00 The Lakes. New series. Rory McGrath meets people working in different industries in the Lake District in the summer of 2009, including hoteliers, farmers, tour guides and mountain-rescue volunteers. Rory begins by talking to former IT consultant Amanda Davies as she works on the launch of her tea room, and hears from local hotel manager Thomas Noblett about his forthcoming charity swim across Windermere, the largest lake in England. (T)

8.30 Coronation Street. Sally and Kevin agree to remain positive and keep her illness secret from their daughters. The loan shark uses Tina to squeeze money out of Joe, and Matt feels threatened by Dev. (T)

9.00 Above Suspicion: The Red Dahlia. New series. Lynda La Plante's three-part detective drama, starring Kelly Reilly and Clarian Hinds. When the body of a young woman is discovered mutilated and drained of blood beside the Thames, it appears to be a re-enactment of the famously unsolved Black Dahlia murder in Forties Los Angeles. DC Anna Travis races to stay one step ahead of the killer and after a journalist comes forward with cryptic clues allegedly sent from the perpetrator, she faces the toughest test of her judgement to date. Shaun Dingwall, Celyn Jones, Michelle Holmes and Sylvia Syms also star. Continues tomorrow. (T)

10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: The Time Machine (2002). Sci-fi adventure, starring Guy Pearce. (T)

12.20 Take Me Out; (R) (T) 12.50 News Headlines. 1.15 Loose Women. (R) 2.05 The Jeremy Kyle Show. (R) (T) 3.00 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Noticias Soltas 2115 Salvador 2145 Jogo Duplo 2245 Prós e Contras 0115 Film 0315 Amor e Intrigas 0445 Telesales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 Nacional Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2145 A Hora da Sorte 2220 News 2240 The Mentalist, series 2330 5 Para A Minha Noite 0130 Diga Lá Excelência 0230 Eurodeputados 0310 Documentary 0400 Euronews 0515 Sociedade Civil

SIC
0600 SIC Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2145 Perfekte Coração 2300 Viver a Vida 0030 CSI: Miami, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2220 Deixa Que Te Lave 2330 Sentimentos 0030 Damages, series 0145 Sempre a Somar 0330 Arrested Development, series 0400 Cashmere Mafia, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 8.00 The Gruffalo 8.30 Film: Madagascar 9 (2005) 9.50 Wallace & Gromit's Cracking Contraptions 10.00 EastEnders 10.30 Kill It, Cook It, Eat It - Fast Food 11.30 Family Guy 11.50 Family Guy 12.15 Russell Howard's Good News 12.45 Most Annoying People 2009 1.40 Kill It, Cook It, Eat It - Fast Food 2.40 Russell Howard's Good News 3.10 EastEnders: The Sins of Archie Mitchell 4.10 Doctor Who Confidential 5.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Days That Shook the World 8.00 Dinner with Portillo 8.30 Only Connect 9.00 Dear Diary 10.00 Film: Moliere 12 (2006) 11.55 Mad Men 12.40 Dear Diary 1.40 Only Connect 2.10 Days That Shook the World 2.40 Dinner with Portillo 3.10 Dear Diary 4.10 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Ricki Lake 5.25 Judge Judy 7.00 All Star Mr & Mrs 8.00 Harry Hill's The Best of TV Bump 8.30 Grimefighters 9.00 Film: The Holiday 12 (2006) 11.45 Coronation Street 12.15 Coronation Street 12.45 Emmerdale 1.15 Entourage 1.45 Teleshopping 2.45 The Office: An American Workplace 3.10 The Office: An American Workplace 3.30 Teleshopping 5.30 ITV2 Nightscreen

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (R) (T) 10.00 Wanted Down Under. (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: What's New Scooby-Doo? (R) (T) 3.45 OOGies. (R) (T) 4.05 Deadly 60. (R) (T) Street Monsters. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 Celebrity Mastermind. Writer Tony Parsons, actress Diane Parish, astrologer Russell Grant and broadcaster Paul Gambaccini take to the black chair in the specialist and general knowledge quiz. (T)

7.30 EastEnders. Lucy throws a party to get closer to a new friend, while DCI Marsden confronts Phil about his false alibi, before arriving at the Mitchells' to arrest one of them. The new characters Leon, Zsa Zsa and Fat Boy star in EastEnders: E20, an online spin-off series available at bbc.co.uk/eastenders/e20 from Friday at 8.30pm. (T) BBC News; Regional News. (T) 8.00 Holly City. Lauren spends the day outside the hospital desperately trying to speak to Faye so she can explain her part in Archie's death, while Ric returns with a new relaxed approach to work. (T) 9.00 Traffic Cops. A routine stop to enforce the wearing of a seatbelt turns nasty, and officers discover that an awkward customer who parked in a supermarket disabled bay is on the run from prison. (T) (T) BBC News. (T)

10.00 Regional News; Weather. (T) 10.25 Hannah: The Girl Who Said No to a New Heart. Hereford teenager Hannah Jones has been in and out of hospital since 2000, having been diagnosed with leukaemia at only five years old. In 2008, aged 13, she hit the headlines by declining a life-saving heart transplant, citing her right to enjoy the time left to her in peace. This documentary follows Hannah's story from her refusal, highlighting the implications of her decision, and exploring how her family is coping with the consequences of her choice. (T) 11.30 League Cup Football. Blackburn Rovers v Aston Villa. Manish Bhargava presents action from the semi-final first leg encounter at Ewood Park, as the sides meet in this competition for the first time. (T)

12.10 The Apprentice USA. (T) 12.55 The Apprentice USA. (T) Weatherview. (T) 1.45 Sign Zone: Who Do You Think You Are? (R) (T) 2.45 Sign Zone: Andrew Marr's The Making of Modern Britain. (R) (T) 3.45 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 Planet Ajar. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Mr Tumble Shorts. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (R) (T) 12.30 Working Lunch. (T) 1.00 Darts: BDO World Championships. (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 Live Darts: BDO World Championships. Colin Murray is joined by Bobby George at the Lakeside Country Club in Frimley Green as the second round gets under way on day four of the tournament. (T) 8.00 The Haiky Bikers: Mums Know Best. New series. Recipes passed down through generations. (T) 9.00 History of Now - The Story of the Noughties. New series. The factors that have shaped the first decade of the 21st Century. (T) 10.00 Nurse Jackie. The medic's daughter displays symptoms of an anxiety disorder. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Darts: BDO World Championships. (T) 12.10 Darts Extra. (T) 2.10 BBC News. (T) 3.55 Close.

Pick of the Day

The Krypton Factor, ITV1, 7.30pm

Back in 1977, a smart new show graced the box. Unlike other quizzes of the time, The Krypton Factor was a clever mix of studio-based head-scratching and assault-course drama. With rounds involving mental agility, response, observation, physical ability and intelligence, Gordon Burns put countless contestants through their paces. The likes of Harry Adams, Ken Wilhmurst, Peter Richardson and Philip Bradley may not have become household names after winning the grand finals, but they certainly made for engaging viewing. However, let's hope a few more women follow in the footsteps of Marian Chanter for this new run. She became the show's only female winner after her stunning work back in 1987. GMTV veteran Ben Shephard was chosen as the revamped show's frontman, and when Aaron Bell seized victory last year, ITV1 bosses were obviously happy with the result as this second run was given a green light. Here, the first four contestants are tested on their memory, logic and general knowledge, as well as facing the daunting new army assault course, which in this series promises to be more gruelling than ever.

C4

6.00 The Hoobs. (R) (T) 6.25 Yo Gabbu Gabbu. (T) 6.55 Big Brother's Little Brother. (T) 7.20 Celebrity Big Brother. (R) (T) 8.30 4Music: The Hollyoaks Music Show. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 According to Jim. (T) 10.30 Friends. (R) (T) 10.55 Friends. (R) (T) 11.30 The Big Bang Theory. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 A Place in the Sun: Down Under. (R) (T) 1.05 The Kitchen Pharmacy. (R) (T) 1.20 FILM: Vice Versa (1988). Fantasy comedy, starring Judge Reinhold and Fred Savage. (T) 3.10 Come Dine with Me Extra Portions. (R) (T) 3.40 Come Dine with Me Extra Portions. (R) (T) 4.10 Deal or No Deal. (T) 4.55 Come Dine with Me Extra Portions. (R) (T) 5.30 Come Dine with Me Extra Portions. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Real Life Secrets. A female MC tells the story of her first live rap-clash. (T) 8.00 My Big Fat Diet Show. New series. Anna Richardson encourages viewers to take part in a no-frills diet scheme. (T) 9.00 Gordon Ramsay's F Word: The Semi-Final. The chef hosts the first semi-final of the Best Local Restaurant competition. (T) 10.00 Celebrity Big Brother. More from the house. (T) 11.10 The Big Bang Theory. (T) 11.40 The Big Bang Theory. (T) 12.10 Late Night Poker. (R) 1.10 Celebrity Big Brother: Live. 4.00 St Elsewhere. (R) (T) 4.50 Age of Love. (R) (T) 5.35 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! POCOYO. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Hana's Helpline. (R) (T) 7.00 Peppa Pig. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Milkshake! Monkey. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Milkshake! Monkey. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Monster Moves. (R) (T) 1.45 Neighbours. (T) 2.15 Nigel Marven's Shark Island. (R) (T) 3.05 FILM: Cool World (2005). Crime caper, starring James Marsters. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Monkey Life. Two Mueller's gibbons develop a taste for life in the treetops; (T) 7.30 Five News Update. (T) 8.00 Ice Road Truckers. New series. The men travel across a dangerous ice road; (T) 8.00 Five News at 9. 9.00 CSI: Crime Scene Investigation. A corpse is found with a number branded on its arm. (R) (T) 10.00 CSI: Crime Scene Investigation. A psychic is killed in her shop; (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 11.55 The FBI Files. (R) (T) 12.55 SuperCasino. 4.00 The FBI Files. (R) (T) 4.55 Rough Guide to Cities. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Nick's Quest. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Ryan tells Katie he does not love her, and Adam is furious to see Aaron using Holly to hide his true feelings. Ashley worries that the gossip about Sally will get back to Laurel. (T)

7.30 The Krypton Factor. New series. Ben Shephard hosts the game show designed to prove physical stamina and mental agility. The first four competitors face several tests and the new army assault course. (T)

8.00 Send in the Dogs. London's Metropolitan Police Dog Unit tests the skills of its leading specialist search dogs, pitting spaniels Diesel and Billy against each other as they hunt for hidden heroin. On the streets of north London, shift leader Pete Madden puts his Alsatian Brodie in the line of fire when they target two armed robbers, but as the trail runs cold they find themselves in pursuit of a gang of car vandals. Continuing the series from August. (T)

9.00 Above Suspicion: The Red Dahlia. With the copycat killer still at large and now goading the police, Travis's boss, DCI James Langton, comes under increasing pressure to crack the case. Meanwhile, Travis's charges in her personal life threaten to derail the investigation altogether - and could end her career. Lynda La Plante detective drama, starring Kelly Reilly, Ciaran Hinds, Shaun Dingwall, Celyn Jones, Michelle Holmes and Sylvia Syms. Concludes tomorrow. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T) 10.35 Doctors and Nurses at War. An insight into the work of NHS trauma medics who volunteered for duties in Afghanistan, spending three months helping to run Britain's military hospital at Camp Bastion. (R) (T)

11.35 Nightwatch with Steve Scott: Mystery. Reopening the files and casebooks on some of Britain's most notorious murders and infamous criminals, taking a new look at unsolved mysteries. (R) (T)

12.30 Premiership Rugby Union; (R) ITV News Headlines. 1.20 Loose Women. (R) 2.10 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 30 Minutos 2130 Jogo Duplo 2230 Telemundo 2300 Serviço de Saúde 0030 Film 0230 Film 0430 Amor e Intrigas 0530 Teleseleções 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1700 Zig Zag 1830 A Fé dos Homens 1900 ArquitectoArte 1930 Zig Zag 2030 Two and a Half Men, series 2105 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 5 Para A Minha Noite 0030 Documentary 0130 Câmara Clara 0230 Discovery Hour 0320 Euronews
SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraiso 1900 Nós Por Cá 2000 News 2145 Perfeito Coração 2300 Viver a Vida 0030 CSI: Miami, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Film 0230 Sempre a Soma 0400 Cashmere Mafia, series 0530 Teleseleções

Best of the Rest

BBC3
7.00 Doctor Who: Dreamland 7.50 Film: The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) 10.00 EastEnders 10.30 Kill It, Cook It, Eat It - Fast Food 11.30 Family Guy 11.50 Family Guy 12.10 Russell Howard's Good News 12.40 Most Annoying People 2009 1.40 Kill It, Cook It, Eat It - Fast Food 2.40 Russell Howard's Good News 3.10 Ballet Boyz - The Rite of Spring 4.10 Alesha Dixon: Who's Your Daddy? 5.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 Sahara with Michael Palin 9.00 Lost Kingdoms of Africa 10.00 We Need Answers 10.30 John Lydon: A Culture Show Special 11.00 Elvis By the Presleys - Uncut 12.00 Mad Men 12.50 Lost Kingdoms of Africa 1.50 We Need Answers 2.20 John Lydon: A Culture Show Special 2.50 The Sky at Night 3.20 Lost Kingdoms of Africa 4.20 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Ricki Lake 5.25 Judge Judy 7.00 Take Me Out 8.00 New Homes from Hell 9.00 Film: The Bodyguard 15 (1992) 11.35 Film: Disclosure 18 (1994) 2.10 Emmerdale 2.35 Teleshopping 5.35 ITV2 Nightscreen

Sky1
1.30 Models of the Runway 2.00 Angela and Friends 3.30 UK Border Force 4.30 Malcolm in the Middle 5.00 Got to Dance 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Universe 9.00 Battlestar Galactica 10.50 Ross Kemp Middle East: Gaza 11.50 Road Wars 12.50 Miami SWAT 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Nothing But the Truth 4.20 Dom Joly's Happy Hour 5.10 Are You Smarter Than a 10 Year Old?

GOLD
1.00 My Family 1.40 My Family 2.20 Yes Minister 3.00 Yes Minister 3.40 Keeping Up Appearances 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Last of the Summer Wine 6.20 My Family 7.00 My Family 7.40 Yes Minister 8.20 Yes Minister 9.00 Fawcett Towers 9.45 Fawcett Towers 10.25 Harry Enfield and Chums 11.05 Fawcett Towers 11.50 Fawcett Towers 12.30 Early Doors 1.10 Harry Enfield and Chums 1.50 The New Adventures of Old Christine 2.10 Close Up 2.20 Early Doors 3.00 Close
TCM
1.00 The Voyage (1975) 3.00 Eight on the Lam U (1967) 5.10 The Old Man and the Sea U (1958) 6.50 Jeremiah Johnson PG (1972) 9.00 Absolute Beginners 15 (1986) 11.10 A Rumour of Angels 12 (2000) 1.00 Absolute Beginners 15 (1986) 3.00 Teleshopping 5.00 The Voyage (1975)

The Disney Channel
Kids' programmes from 7am

Sky Movies Drama

7.00 Breaking Away PG (1979) 8.50 Golden Globes Nominations 9.20 One True Thing 15 (1998) 11.30 December Boys 12 (2007) With Daniel Radcliffe. 1.20 Apollo 13 PG (1995) With Tom Hanks. 3.45 Golden Globes Nominations 4.15 Guilty as Sin 15 (1993) With Rebecca De Mornay. 6.10 Home of the Brave 15 (2006) With Samuel L. Jackson. 8.00 Apollo 13 PG (1995) With Tom Hanks. 10.20 A Mighty Heart 15 (2007) With Angelina Jolie. 12.10 The Postman Always Rings Twice 18 (1981) With Jack Nicholson. 2.20 Inserts 18 (1975) With Richard Dreyfuss. 4.20 Loss of Faith PG (1997)

Sky Movies Comedy

6.10 Daddy Day Camp PG (2007) 7.45 Space Cowboys PG (2000) 10.00 Enchanted PG (2007) 12.00 Sex and the City 15 (2008) With Sarah Jessica Parker. 2.30 Superhero Movie 12 (2008) With Drake Bell. 4.00 Another Stakeout

PG (1993) With Emilio Estevez. 6.00 Enchanted PG (2007) With Amy Adams. 8.00 Sex and the City 15 (2008) With Sarah Jessica Parker. 10.30 Superhero Movie 12 (2008) With Drake Bell. 12.00 Space Cowboys PG (2000) With Clint Eastwood. 2.20 Another Stakeout PG (1993) With Emilio Estevez. 4.20 Daddy Day Camp PG (2007)

Sky Movies Action/Thriller

6.00 Kiss Kiss (Bang Bang) 15 (2000) 7.45 Copperhead 18 (2008) 9.20 Babylon AD 15 (2008) 10.55 Butterfly on a Wheel 15 (2007) 12.35 Body of Lies 15 (2008) With Leonardo DiCaprio. 2.45 The Invasion 15 (2007) With Nicole Kidman. 4.30 Babylon AD 15 (2008) With Vin Diesel. 6.05 Death Race 15 (2008) With Jason Statham. 8.00 Body of Lies 15 (2008) With Leonardo DiCaprio. 10.10 Con Air 15 (1997) With Nicolas Cage. 12.10 Death Race 15 (2008) With Jason Statham. 2.05 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 3.55 Plunkett & Macleane 15 (1999) 5.30 Copperhead 18 (2008)

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SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v Pakistan. 8.00 Live Test Cricket. South Africa v England. 4.00 Test Cricket 5.00 Soccer AM: The Best Bits 6.00 Football Asia 6.30 Revista De La Liga 7.30 Live Carling Cup Football. Blackburn Rovers v Aston Villa (Kick-off 8.00pm). 10.15 Football Special 11.10 Sky Sports Classics 11.25 Live Test Cricket. Australia v Pakistan.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 SPL Round-Up 9.30 PGA Tour Classic 10.30 Wonderful World of Golf 12.00 Soccer AM: The Best Bits 1.00 SPL Round-Up 1.30 Wonderful World of Golf 3.00 Poker 5.00 Pool 6.00 Powder Adventures 6.30 Windsurfing 7.00 Test Cricket 8.00 Test Cricket 10.00 Poker 12.00 Revista De La Liga 1.00 Carling Cup Football 2.30 Football Special 3.30 Football Asia 4.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 Poker 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Show Jumping 1.00 Women's Pool 2.00 Powder Adventures 2.30 Wild Spirits 3.00 Women's Pool 4.00 Soccer AM: The Best Bits 5.00 WWE: Smackdown 7.00 Tennis 10.00 Test Cricket 11.00 Powder Adventures 11.30 Windsurfing 12.00 Tennis 3.00 Close

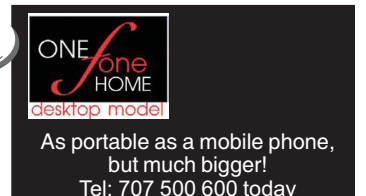
British Eurosport

7.30 Dakar Rally 8.15 Ice Hockey 9.15 WTA Tennis 10.45 Dakar Rally 11.30 Cross-Country Skiing 12.00 Live ATP Tennis. The Qatar Open. 3.30 Live Ski Jumping. World Cup qualifying from Bischofshofen. 5.00 Justine Henin Special 5.05 Alpine Skiing 6.05 ATP Tennis 7.20 Dakar Rally 7.30 WTA Tennis 8.30 Eurogoals Flash 8.40 Ski Jumping 9.45 Freeride Spirit Show 10.00 Dakar Rally 10.45 Ski Jumping 11.45 Dakar Rally 12.30 Close

Sky Sports Xtra

6.00 Premier League Years 8.00 Show Jumping 9.00 Powder Adventures 9.30 Wild Spirits 10.00 Max Power 11.00 Premier League Years 1.00 Wild Spirits 1.30 Aerobics Oz Style 2.00 Max Power 3.00 Show Jumping 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Premier League Years 7.00 Women's Pool 8.00 Show Jumping 9.00 Powder Adventures 9.30 Windsurfing 10.00 Pool 11.00 Women's Pool 12.00 Show Jumping 1.00 Powder Adventures 1.30 Wild Spirits 2.00 Pool 3.00 Premier League Years 5.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (R) (T) 10.00 Wanted Down Under. (T) BBC News: Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (R) (T) 3.00 BBC News: Weather. (T) Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in Pockets. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (T) 3.50 Oogies. (R) (T) 4.05 Horrible Histories. (R) (T) 4.35 The Sarah Jane Adventures. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 Celebrity Mastermind. John Humphrys tests the specialist and general knowledge of swimmer Mark Foster, actor and writer Nigel Planer, chef Ching He Huang and broadcaster John Suchet. (T)

7.30 EastEnders. Peggy faces her accuser at the police station, and Ronnie and Roy are shocked when their mother arrives in Walford. Meanwhile, Lucy's party descends into chaos; (T) BBC News: Regional News. (T)
8.00 Celebrity Mastermind. John Humphrys tests the knowledge of singer Beverley Knight, current snooker world champion John Higgins, politician Michael Howard and weatherman Alex Deakin. Last in the series. (T)

8.30 Seaside Rescue. A rescue operation is launched in Torquay when a man plunges down a cliff, while in Cornwall a surfer gets into trouble and two boys need urgent help. David Morrissey narrates. (R) (T)

9.00 Silent Witness. New series. Part one of two. After an insurance investigator dies from suspected cyanide poisoning, his former replacement causes problems for Leo when she accuses him of fraud. Continues tomorrow at 9pm. (T)

10.00 BBC News. (T)
10.25 Regional News: Weather. (T)
10.35 Comic Relief: The Net Result. Gary Barlow, Fearnie Cotton, Chris Moyles, Ben Shephard and Kimberley Walsh return to Uganda to help distribute mosquito nets purchased with the sponsorship money they earned by climbing Mount Kilimanjaro last March. They also introduce some of the highlights of the 2009 fundraising campaign, including French and Saunders' take on Mamma Mia! and Robert Webb's performance of the famous dance routine from Flashdance, as well as James Corden's meeting with the England football team in the guise of Smithy, his character from Gavin & Stacey. (R) (T)

11.35 This Week. (T) Skiing Weatherview. (T)
12.25 Sign Zone: The Rat Pack. (R) (T) 12.55 Sign Zone: Countryfile. (R) (T) 1.50 Sign Zone: Horizon. (R) (T) 2.50 BBC News. (T)



BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 6.55 Ping. (R) (T) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 Planet Aday. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Mr Tumble Shorts. (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Darts: BDO World Championships. (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 Live Darts: BDO World Championships. Colin Murray is joined by Bobby George for the first two quarter-finals at the Lakeside Country Club in Frimley Green, as the set format increases to the best of nine. (T) 8.00 Jimmy's Global Harvest. New series. Meeting the demand for food in the future. (T) 9.00 History of Now - The Story of the Noughties. The impact of reality TV and easy credit. (T) 10.00 Nurse Jackie. Grace's anxiety comes to the attention of her teacher. (T) 10.30 Newsnight: Weather. (T) 11.20 Darts: BDO World Championships. (T) 12.10 Darts Extra. (T) 2.10 BBC News. (T) 2.50 Close.

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Pick of the Day

Silent Witness, BBC1, 9pm

In the fickle world of programme commissioning, where viewing figures rule all and programmes with small audiences are consigned to an Elephant's Graveyard of unsuccessful shows, there are some series that seem to last forever. Their loyal viewers mean even if there is an unfortunate dip in figures, TV bosses would be too scared of a national uprising to cancel them. Silent Witness is one such show - not that there has been any lack of interest from the British public. Even the departure of the lead character, Sam Ryan (played by Amanda Burton), back in 2004 couldn't kill off the idea. Instead, new character Nikki Alexander (Emilia Fox) was introduced and taken into the nation's heart, and together with stalwart characters Prof Leo Dalton (William Gaminara) and Dr Harry Cunningham (Tom Ward), the series has kept hold of its popularity. So what is it about pathologists that fascinate us so? Is it the titillation of gory viscera spread out in the lab, the Holmes-like clues left in bodies that we certainly couldn't spot ourselves, or the oft-criticised idea that they really solve murders, not police officers? Whichever it is, Silent Witness fans won't want to miss this.

C4

6.00 The Hoobs. (R) (T) 6.25 Yo Gabba Gabba. (T) 6.55 Big Brother's Little Brother. (T) 7.20 Celebrity Big Brother. (R) (T) 8.30 4Music: The Holykays Music Show. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 According to Jim. (T) 10.25 Friends. (R) (T) 10.55 Friends. (R) (T) 11.30 The Big Bang Theory. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 A Place in the Sun: Home or Away. (R) (T) 1.05 Rescue Remedies. (R) (T) 1.15 FILM: King Solomon's Mines (1985). Action adventure, starring Richard Chamberlain and Sharon Stone. (T) 3.10 Come Dine with Me Extra Portions. (R) (T) 3.40 Come Dine with Me Extra Portions. (R) (T) 4.10 Deal or No Deal. (T) 4.55 Come Dine with Me Extra Portions. (R) (T) 5.30 Come Dine with Me Extra Portions. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Holly's Choice. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Real Life Secrets. A girl with a violent parent struggles to leave. Last in the series. (T) 8.00 My Big Fat Diet Show. Journalist Anna Richardson continues her interactive campaign, investigating the true calorie content of certain foods and exploring myths about the dieting business. (T) 9.00 Gordon Ramsay's F Word: The Final. Two contenders battle it out to be crowned the best local restaurant. Last in the series. (T) 10.00 Celebrity Big Brother. More from the house. (T) 11.10 The World's Most Enhanced Woman and Me. (R) (T) 12.10 True Blood. (R) (T) 1.10 True Blood. (R) (T) 2.10 Celebrity Big Brother: Live. 4.00 St Elsewhere. (R) (T) 4.50 Age of Love. (R) (T) 5.35 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Hana's Helpline. (R) (T) 7.00 Peppa Pig. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Milkshake Monkey. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fill and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.10 Milkshake Monkey. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Monster Moves. (R) (T) 1.45 Neighbours. (T) 2.15 Nigel Marven's Shark Island. (R) (T) 3.05 FILM: Abducted (2007). Premiere. Thriller, starring Sarah Wynter. (T) 5.00 Five News: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Zoo Days. Tejas has trouble walking after problems with his tendons and is about to have his splints removed, but surgery remains an option; (R) (T) 7.30 Five News Update. (T) 8.00 Danger Men. The Red Arrows aerobatics display team; (R) (T) 8.00 Five News at 9. 8.00 FILM: The Baby of the Beast (2003). A former CIA agent sets out to rescue his kidnapped daughter from terrorists. Action thriller, starring Steven Seagal and Byron Mann. (T) 10.50 CCTV Cities. (R) (T) 11.50 The Sexy Ads Show. (T) 12.05 SuperCasino. 4.00 The FBI Files. (R) (T) 4.45 Rough Guide to Weekend Breaks. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Nick's Quest. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

6.00 London Tonight: Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Sally's behaviour shocks Ashley when he asks her to leave the village, Adam confides in John about Aaron's sexuality, and Ryan is given short shrift when he apologises to Katie. (T)

7.30 Nightmare on Your Street: Tonight. Investigating the battle to curb anti-social behaviour in the wake of the death of Fiona Pilkington, who killed herself and her daughter after suffering a campaign of abuse. (T)

8.00 Emmerdale. Ashley is horrified when Sally declares her love for him, a suspicious Natasha discovers Mark lied to her, and Bob asks Jamie to babysit the twins so he can spend time with Viv. (T)

8.30 Coronation Street. Joe resorts to desperate measures to pay his debt before the wedding. Ken is furious with George's latest attempt to take control of Simon's life, and Becky fights with Steve again. (T)

9.00 The Bill. On Will Fletcher's last day at Sun Hill, Mickey questions a man accused of assaulting a doctor who he claims is having an affair with his wife. The suspect turns out to be severely depressed and unbalanced, but Callum's macho handling pushes him further toward disaster when he disappears with his baby son in his car. Realising his error, the sergeant tracks him down, only to see the distraught man deliberately smash into a parked vehicle, setting his own car alight. (T)

10.00 ITV News at Ten and Weather. (T)
10.10 London News and Weather. (T)
10.35 Black Ball Britain. One-off documentary investigating levels of counterfeiting in the UK. The programme examines links between organised crime, the use of weapons and the profitable black market. (T)

11.35 The Krypton Factor. Ben Shephard presents the game show designed to prove physical stamina and mental agility. The first four competitors are tested on their memory, logic and general knowledge, as well as facing the daunting new army assault course, which promises to be more gruelling than ever. (R) (T)
12.05 Nightwatch with Steve Scott: Crime. (R) (T) ITV News Headlines. 1.00 Loose Women. (R) 1.45 The Jeremy Kyle Show. (R) (T) 2.45 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1230 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Grande Entrevista 2140 Um Lugar Para Viver 2200 Quo Duplo 2300 Corredor do Poder 0000 Quarto Crescente 0100 Film 0300 Amor e Intrigas 0400 Teleales 0605 Nôs

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2000 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Documentary 0030 5 Para A Meia Noite 0130 Iniciativa 0215 Discovery Hour 0315 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2200 Cenas do Casamento 2300 Viver a Vida 0045 CSI: Miami, series 0145 Cartaz Cenzura 0230 Quando o Telefone Toca
TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2300 Sentimentos 0045 The Starter Wife, series 0200 Cartaz das Artes 0230 Sempre a Somar 0400 Cashmere Mafia, series 0530 Teleales

Best of the Rest

BBC3

7.00 Most Annoying People 2009 8.00 Almost Famous 3.00 Sun, Sex & Holiday Madness 10.00 EastEnders 10.30 Kill It, Cook It, Eat It - Fast Food 11.30 Family Guy 12.15 Russell Howard's Good News 12.45 Sun, Sex & Holiday Madness 1.45 Almost Famous 3.2.40 Kill It, Cook It, Eat It - Fast Food 3.40 Most Annoying People 2009 4.40 Russell Howard's Good News 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 Time 9.00 Diet: A Horizon Guide 10.00 Rock Shines 10.15 Elvis: Black Leather - The '68 Comeback Special 11.05 Elvis By the Presleys - Uncut 12.05 Mad Men 12.50 Diet: A Horizon Guide 1.50 Time 2.50 Only Connect 3.20 Diet: A Horizon Guide 4.20 Close

ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 6.00 Take Me Out 7.00 Harry Hill's Best of TV Bump 7.30 You've Been Framed! Kids Special 8.30 Grimefighters 9.00 Film: Nutty Professor II: The Klumps 12 (2000) 11.10 Film: Ocean's Eleven 12 (2001) 1.30 Coronation Street 1.55 Emmerdale 2.20 Emmerdale 2.45 Teleshopping 5.45 ITV2 Nightscreen

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Sky1

1.30 Models of the Runway 2.00 Angela and Friends 3.30 UK Border Force 4.30 Malcolm in the Middle 5.00 Futurama 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 Futurama 9.00 Bill Bailey's Birdwatching Bonanza 10.00 Bones 11.00 Ross Kemp Middle East: Gaza 12.00 Road Wars 1.00 Miami SWAT 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Nightingale and the Truth 4.20 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.00 The Green Green Grass 1.40 The Green Green Grass 2.20 Yes Minister 3.00 Yes Minister 3.40 Keeping Up Appearances 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Last of the Summer Wine 6.20 The Green Green Grass 7.00 The Green Green Grass 7.40 Yes Minister 8.20 Yes Minister 9.00 Fawcett Towers 9.40 Fawcett Towers 10.25 Harry Enfield and Chums 11.05 Fawcett Towers 11.50 Fawcett Towers 12.35 Early Doors 1.15 Harry Enfield and Chums 1.50 The New Adventures of Old Christine 2.10 Close Up 2.25 Early Doors 2.55 Starstruck Classics 3.00 Close TCM

1.05 The Star PG (1952) 3.00 The Best Man PG (1964) 5.00 The Sea Chase U (1955) 7.20 September PG (1987) 9.00 Stella PG (1990) 11.10 Miles from Home 18 (1988) 1.10 Stella PG (1990) 3.00 Teleshopping 5.00 The Star PG (1952)

The Disney Channel Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.00 Eye of the Dolphin PG (2006) 7.50 Get Real 15 (1999) 9.50 Joshua 15 (2007) 11.40 Baby It's You 15 (1983) With Rosanna Arquette. 1.30 Golden Globes Nominations 2.00 We Own the Night 15 (2007) With Joaquin Phoenix. 4.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 5.45 The Top 10 Show 6.00 Things We Lost in the Fire 15 (2007) With Halle Berry. 8.00 Brideshead Revisited 12 (2008) With Matthew Goode. 10.15 We Own the Night 15 (2007) With Joaquin Phoenix. 12.15 Lions for Lambs 15 (2007) With Robert Redford. 2.00 Blue Collar 18 (1978) With Richard Pryor. 4.00 A Father's Son PG (1999) 5.40 The Top 10 Show

Sky Movies Comedy

7.05 Broadcast News 15 (1987) 9.20 Dr Doolittle 4: Tail to the Chief PG (2008) 10.50 Bill & Ted's Bogus Journey PG (1991) 12.25 The Heartbreak Kid 15 (2007) With Ben Stiller. 2.25 The House Bunny 12 (2008) With Anna Faris. 4.05 Jerry

Maguire 15 (1996) With Tom Cruise. 6.25 Bill & Ted's Bogus Journey PG (1991) With Keanu Reeves. 8.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 10.00 The House Bunny 12 (2008) With Anna Faris. 11.45 Broadcast News 15 (1987) With Holly Hunter. 2.00 Jerry Maguire 15 (1996) With Tom Cruise. 4.20 Dr Doolittle 4: Tail to the Chief PG (2008)

Sky Movies Action/Thriller

6.50 The Game 15 (1997) 9.00 Sky Kids 12 (2008) 10.45 Gone in 60 Seconds 15 (2000) 12.45 Transformers 12 (2007) With Shia LaBeouf. 1.10 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 5.10 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 7.10 Street Kings 15 (2008) With Keanu Reeves. 9.00 Transformers 12 (2007) With Shia LaBeouf. 11.25 Kill Switch 18 (2008) With Steven Seagal. 1.05 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 3.05 The Game 15 (1997) 5.15 The Return of the Musketeers PG (1989)



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SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v Pakistan. 8.00 Live Test Cricket. South Africa v England. 4.00 Test Cricket 5.00 FIFA Futbol Mundial 5.30 Football Asia 6.00 The Rugby Club 7.00 Carling Cup Football 8.00 Live USPGA Tour Golf. The SBS Championship. 1.00 Carling Cup Football 2.00 Premier League World 2.30 Time of Our Lives 3.30 Carling Cup Football 4.30 The Rugby Club 5.30 Premier League World

Sky Sports 2

6.00 Good Morning Sports Fans 8.00 European Tour Weekly 8.30 Live European Tour Golf. The Africa Open. 10.30 Inside the PGA Tour 11.00 Football Special 12.00 Ten Pin Bowling 1.30 Live European Tour Golf. The Africa Open. 3.30 Spirit of Yachting 4.00 Tracking Euro 4.30 Football Special 5.30 Powder Adventures 6.00 European Tour Golf 8.00 Test Cricket 10.00 Test Cricket 11.00 Time of Our Lives 12.00 The Rugby Club 1.00 Test Cricket 3.30 Show Jumping 4.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Experience 8.00 Ten Pin Bowling 9.00 World Match Tour Sailing 9.30 Tracking Euro 10.00 Transworld Sport 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Women's Pool 2.00 Powder Adventures 2.30 Spanish Cup Football 4.30 WWE Vintage Collection 5.30 Show Jumping 6.30 Race World 7.30 Live Netball.

Surrey Storm v Mavericks (Centre-pas 8.00pm). 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 Netball 3.30 Race World 4.30 Close

British Eurosport

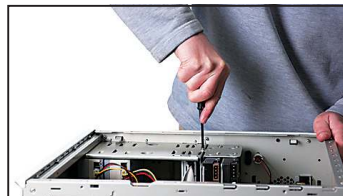
7.30 Dakar Rally 8.15 Cross-Country Skiing 9.00 WTA Tennis 10.45 Ski Jumping 11.45 Live Cross-Country Skiing. The Tour de Ski meeting in Dobbiaco, Italy. 12.45 Biathlon 1.15 Live Biathlon. The World Cup meeting from Oberhof in Germany. 3.00 Cross-Country Skiing 3.30 Live ATP Tennis. The Qatar Open quarter-finals. 3.45 Justine Henin Special 3.50 Live ATP Tennis. The Qatar Open quarter-finals. 6.00 Eurogals Flash 6.10 WTA Tennis 7.20 Dakar Rally 7.30 ATP Tennis 9.00 Ski Jumping 10.00 Dakar Rally 10.45 Biathlon 11.45 Dakar Rally 12.30 Close

Sky Sports 4

4.00 Powder Adventures 4.30 World Match Tour Sailing 5.00 Women's Pool 6.00 Aerobics Oz Style 6.30 World Match Tour Sailing 7.00 Tennis 10.00 Live Poker. Coverage of the online Sky Poker Bounty Hunter tournament. 12.00 Tennis 3.00 Women's Pool 4.00 Powder Adventures 4.30 Close

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ANOTHER SERVICE FROM WORLD TELECOM



BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (R) (T) 10.00 Wanted Down Under; (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (R) (T) 3.00 BBC News; Weather. (T) 3.15 Missing. (R) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 Oogies. (R) (T) 4.05 Gastronuts. (R) (T) 4.35 The Sarah Jane Adventures. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions as a team against the clock, hoping to build a stack of cash and avoid being declared the poorest player and voted out. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 A Question of Sport: The 40th Anniversary. Sue Barker presents a special edition to celebrate the show's 40th anniversary, with current team captains Phil Tufnell and Matt Dawson joined by four-time Olympic gold medalist Michael Johnson, professional golfer Laura Davies, 1987 Wimbledon champion Pat Cash and retired Formula One driver David Coulthard. All the regular rounds feature, plus a blend of archive and nostalgia capturing some of the great moments from the programme over the years. (T)

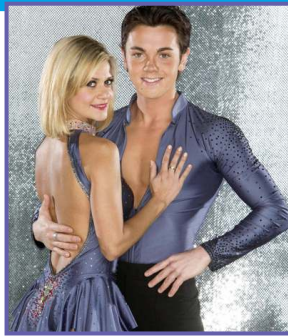
7.30 The Impressions Show with Culshaw and Stephenson. Highlights from the recent series starring Jon Culshaw and Debra Stephenson. Send-ups include Claudia Winkleman, Davina McCall, Simon Cowell and Ricky Gervais. Last in the series. (T) BBC News; Regional News. (T) EastEnders. Glenda's arrival goes down badly with Ronnie and Roxy as they try to understand why their mother failed to contact them sooner. Meanwhile, Zsa Zsa visits her aunt Shirley. The first episode of EastEnders: e20, the spin-off series about a group of new characters, is available at bbc.co.uk/eastenders/e20 from 8.30pm, continuing tomorrow and Monday. (T)

8.00 Ol. Stephen Fry is joined by guests Sandi Toksvig, Ronni Ancona, Jack Dee and regular panellist Alan Davies for the quiz. The topic is girls and boys. (T)

9.00 Silent Witness. Part two of two. Harry jeopardises his career by trying to prove Rebecca's innocence after Levin is found dead. Drama, starring Tom Ward, William Gaminara and Emilia Fox. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery EuroMillions Draw. Carole Machin presents the draw. (T)

10.45 FILM: Blades of Glory (2007). Premiere. Comedy, starring Will Ferrell; (T) Weatherview. (T) 12.25 Sign Zone: School of Saatchi. (R) (T) 1.25 Sign Zone: School of Saatchi. (R) (T) 2.25 Sign Zone: Ugly Beauty. (R) (T) 3.25 BBC News. (T)



BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 Planet Aday. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Nuno Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Mr Tumble Shorts. (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Darts: BDO World Championships. (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 Live Darts: BDO World Championships.

Colin Murray is joined by Bobby George for the two remaining quarter-finals on day seven at the Lakeside Country Club in Frimley Green. (T) 8.00 Mastermind. Topics include the Life and Music of Johnnie Ray. (T) 8.30 An Island Parish. Prince Charles and Camilla visit the Isles of Scilly. (T) 9.00 History of Now - The Story of the Noughties. The impact of globalisation. Last in the series. (T) 10.00 Nurse Jackie. The nurse helps a 10-year-old girl care for her mother. (T) 10.30 Newsnight; (T) Weather. (T) 11.05 Three Men Go to Ireland. (R) (T) 12.05 Darts: BDO World Championships. (T) 12.25 Darts Extra. (T) 2.55 BBC News. (T) 3.30 Close.

Pick of the Day

Dancing on Ice, ITV1, 9pm

Strictly Come Dancing is over, a new year has begun, and for fans of pro-celebrity contests that can only mean one thing — it's time for a new series of Dancing on Ice. In this special preview, we'll find out which celebs will be squeezing themselves into the lycra outfits and tentatively taking to the rink this year, but perhaps we shouldn't be too surprised if one or two of them start to have second thoughts. After all, the programme will feature a guest appearance by last year's champion Ray Quinn and his skating partner Maria Filippov, who set the bar incredibly high last year. In fact, the former X Factor finalist was so good, some viewers wondered why he coaches Jayne Torvill and Christopher Dean didn't forget all about the TV series and start training him up for the winter Olympics instead. Hopefully, the look back over the past four years of Dancing on Ice will remind the class of 2010 that not every celeb who pulled on the skates was a natural, and that there's hope for everyone. Meanwhile, the professionals will be treating us to a daredevil display, and there's a chance to meet the new judge who will be taking Ruthie Henshall's place on the panel.

C4

6.00 The Hoobs. (R) (T) 6.25 Yo Gabba Gabba. (R) (T) 6.55 Big Brother's Little Brother. (T) 7.20 Celebrity Big Brother. (R) (T) 8.30 4Music: The Hollyoaks Music Show. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 According to Jim. (T) 10.25 Friends. (R) (T) 10.55 Friends. (R) (T) 11.30 The Big Bang Theory. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 A Place in the Sun: Home or Away. (R) (T) 1.05 3 Minute Wonder: Juggling Homelessness. (R) (T) 1.10 FILM: Robin and Marian (1976). Medieval adventure, starring Sean Connery and Audrey Hepburn. (R) (T) 3.10 Celebrity Come Dine with Me: Extra Portions. (R) (T) 3.40 Celebrity Come Dine with Me: Extra Portions. (R) (T) 4.10 Deal or No Deal. (T) 4.55 Celebrity Come Dine with Me: Extra Portions. (R) (T) 5.30 Celebrity Come Dine with Me: Extra Portions. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 My Daughter Amy. Mitch Winehouse discusses his daughter Amy's superstardom. (T) 8.00 River Cottage Spring Collection. Hugh Fearnley-Whittingstall presents highlights of the series. (R) (T) 9.00 Celebrity Big Brother: Live. Coverage from the house. (T) 10.00 8 Out of 10 Cats. New series. Guests Claudia Winkleman and Jamella join team captains Sean Lock and Jason Manford to answer questions based on opinion polls. Presented by Jimmy Carr. (T) 10.35 Celebrity Big Brother: Live. (T) 11.05 David Blaine: Vertigo. (R) (T) 12.05 4Music: Mercury Prize Sessions. (T) 12.25 4Music: 4Play: Mumford & Sons. (R) (T) 12.40 Celebrity Big Brother: Live. 3.50 Beach Volleyball. (T) 4.45 St Elsewhere. (R) (T) 5.35 Salt Mail. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Hana's Helpline. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.10 Milkshake Monkey. (R) (T) 9.15 The Wright Stuff. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Monster Moves. (R) (T) 1.45 Neighbours. (T) 2.15 Nigel Marven's Shark Island. (R) (T) 2.50 Own Britain's Best Home: Flying Visits. (R) (T) 3.00 FILM: Hidden in America (1996). Drama, starring Beau Bridges and Bruce Davison. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Chris Barrie's Massive Speed. The history of aerial combat. (R) (T) 7.30 Five News Update. (T) 8.00 Knight Rider. Knight Industries investigates a criminal couple linked to the national congressional race, while Mike and Kitt try to save Agent Riva. (T) 8.00 Five News at 9. 9.00 FILM: Murder at 1600 (1997). A detective and a Secret Service agent investigate the murder of a White House employee. Political thriller, starring Wesley Snipes and Diane Lane. (T) 11.10 Police Interceptors. (R) (T) 12.10 SuperCasino. 4.00 The FBI Files. (R) (T) 4.55 Rough Guide to Islands. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Nick's Quest. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

6.00 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Aaron confronts Adam and is faced with an ultimatum. Mark and Fayle realise Natasha is on to them, and Edna is concerned by Sally's insinuations about her and Ashley's relationship. (T)

7.30 Coronation Street. Joe believes his troubles are over as his and Gail's wedding day draws. Tyrone struggles to find the courage to tell Kevin he is leaving, and Sally tries to arrange time off work. (T)

8.00 Countrywise. Paul Heiney presents a series exploring Britain's countryside, trying his hand at century-old farming methods and meeting those who keep rural traditions alive. (R) (T)
8.30 Coronation Street. Tina's struggle with her attraction to Nick becomes clear to David, while the presence of the loan shark threatens Joe and Gail's reception. Peter's honesty and determination impress councillors at the planning meeting, but Ken remains focused on destroying his dreams for the bar, and Sally sees another side of Carla when she opens up about her health. (T)

9.00 Dancing on Ice. New series. Preview of the new series and a look back on the stars of the previous four contests. Last year's champion Ray Quinn performs a duet with skating partner Maria Filippov, and the 2010 contenders - who include Heather Mills, Sharon Davies, Bobby Davro and Daniella Westbrook - make their public debut on the ice. The professionals also demonstrate how it is done in a spectacular daredevil display. Emma Burton joins Robin Cousins, Jason Gardiner, Karen Barber and Nicky Slater on the judging panel, and there are guest appearances by stars who have brought grit, glamour and grace to the show in the past. (T)

10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: Something's Gotta Give (2003). Romantic comedy, starring Jack Nicholson and Diane Keaton. (T)

12.50 Ladette to Lady. (R) (T) ITV News Headlines. 1.45 FILM: Anything Else (2003). Woody Allen's romantic comedy, with Jason Biggs and Christina Ricci. (T) 3.35 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Charnas da Vida 1500 Sanguê do Meu Sanguê 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Antes Pelo Contrário 2115 Pai & Força 2215 Família, Família 2345 TBA0115 Film 0315 Amor e Intrigas 0400 Teleseleas

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 AF6 dos Homens 1900 A Alma e a Gente 2000 Zig Zag 2030 Two and a Half Men, series 2105 National Geographic 2200 News 2240 Mad Men, series 2330 5 Para A Meia Noite 0130 Palcos 0300 Bastidores 0330 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2200 Cenas do Casamento 2300 Viver a Vida 0030 CSI: Miami, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1015 Você Na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Euromillions 2145 Meu Amor 2245 Deixa Que Te Leve 2345 Sentimentos 0100 Film 0300 Sempre a Somar 0430 Cashmere Mafia, series 0530 Teleseleas

Best of the Rest

BBC3

7.00 Top Gear Bolivia Special 8.15 Film: War of the Worlds 12.00 10.05 EastEnders 10.35 Kill It, Cook It, Eat It - Fast Food 11.35 Family Guy 11.55 Family Guy 12.20 Russell Howard's Good News 12.50 Almost Famous 3.15 5.50 Sex & Holiday Madness 2.45 Kill It, Cook It, Eat It - Fast Food 3.45 Almost Famous 3.45 Russell Howard's Good News 5.15 Greek Uncovered 5.30 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 The Fantasy Worlds of Irwin Allen 9.00 Elvis in Vegas 10.00 Sing's Elvis 11.00 Elvis By the Presleys - Uncut 12.00 Elvis: Aloha from Hawaii 1.05 Sing's Elvis 2.05 Film: Dans Paris 15 (2006) 3.35 The Fantasy Worlds of Irwin Allen 5.05 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Ricki Lake 5.25 Judge Judy 6.45 Beat the Star 8.00 Harry Hill's Best of TV Burp 8.30 Firefighters 9.00 Film: 2 Fast 2 Furious 12 (2003) 11.10 Film: Ocean's Twelve 12 (2004) 1.35 Coronation Street 2.05 Coronation Street 2.30 Emmerdale 2.55 Teleshopping 5.40 ITV2 Nightscreen 5.55 ITV2 Nightscreen

Sky1

1.30 Models of the Runway 2.00 Angela and Friends 3.30 UK Border Force 4.30 Lion Man 5.00 WWE Superstars 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Gots to Dance 9.00 Ross Kemp Middle East: Gaza 10.00 Road Wars 11.00 Football's Next Star 12.00 Road Wars 1.00 Miami SWAT 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Nothing But the Truth 4.00 Battlearstar Galactica 5.10 Are You Smarter Than a 10 Year Old? GOLD

1.00 After You've Gone 1.40 After You've Gone 2.20 Only Fools and Horses 3.00 Only Fools and Horses 3.40 As Time Goes By 4.20 As Time Goes By 5.00 Last of the Summer Wine 5.40 Last of the Summer Wine 6.20 After You've Gone 7.00 After You've Gone 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Family Toppers 9.45 Family Toppers 10.30 Harry Enfield and Chums 11.10 Family Toppers 12.30 Family Toppers 12.30 Early Doors 10 Harry Enfield and Chums 1.50 The Comic Strip Presents 2.20 Early Doors 2.50 Close Up 3.00 Close

TCM

1.05 Soldier in the Rain U (1963) 3.00 Miracles PG (1985) 4.50 Wild Wild West 12 (1999) 6.55 The Candidate PG (1972) 9.00 Throw Momma from the Train 15 (1987) 10.45 Irma la Douce 15 (1963) 1.30 Throw Momma from the Train 15 (1987) 3.00 Teleshopping 5.00 Soldier in the Rain U (1963)

The Disney Channel

Kids' programmes from 7am, except 6.25 Film: Camp Rock PG (2008) Musical, starring Demi Lovato. 9.00 Film: Mr Magorium's Wonder Emporium U (2007) Fantasy comedy, starring Dustin Hoffman and Natalie Portman.

MOVIES

Sky Movies Drama

6.00 On Broadway 12 (2007) 7.50 North Dallas Forty 18 (1979) 9.50 The Sicilian 18 (1987) 12.20 Almost Famous 15 (2000) With Patrick Fugit. 3.05 No Reservations PG (2007) With Catherine Zeta-Jones. 4.55 The American President 15 (1995) With Michael Douglas. 6.55 Rendition 15 (2007) With Reese Witherspoon. 9.00 Man of the Year 12 (2006) With Robin Williams. 11.00 21 12 (2008) With Kevin Spacey. 1.05 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 3.10 Goodbye Bañana 15 (2007) 5.10 Malpractice PG (2001)

Sky Movies Comedy

6.00 Lovewrecked PG (2005) 7.35 K-9 12 (1989) 9.20 27 Dresses 12 (2008) 11.15 Role Models 15 (2008) With Paul Rudd. 1.00 Road Trip 15 (2000) With Breckin Meyer. 2.40 Big Stan 15 (2007) With Rob Schneider. 4.35 South Park: Bigger, Longer & Uncut 15 (1999) With Trey

Parker. 6.00 27 Dresses 12 (2008)

With Katherine Heigl. 8.00 Road Trip 15 (2000) With Breckin Meyer. 9.40 Role Models 15 (2008) With Paul Rudd. 11.25 Big Stan 15 (2007) With Rob Schneider. 1.20 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 3.05 South Park: Bigger, Longer & Uncut 15 (1999) 4.30 Lovewrecked PG (2005)

Sky Movies Action/Thriller

7.00 The Invasion 15 (2007) 8.55 The Seeker: The Dark Is Rising 12 (2007) 10.45 The Mummy 12 (1999) 1.00 RocknRolla 15 (2008) With Gerard Butler. 3.05 The Mechanik 15 (2005) With Dolph Lundgren. 4.55 The Mummy 12 (1999) With Brendan Fraser. 7.05 RocknRolla 15 (2008) With Gerard Butler. 9.00 The Dark Knight 12 (2008) With Christian Bale. 11.35 Training Day 18 (2001) With Denzel Washington. 1.40 Lethal Weapon 2 18 (1989) With Mel Gibson. 3.40 Eastern Promises 18 (2007) 5.25 Volcano: Fire on the Mountain PG (1997)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 8.00 Premier League World 8.30 Live European Tour Golf. The Africa Open. 10.30 USPGA Tour Golf 12.30 Premier League World 1.00 FIFA Futbol Mundial 1.30 Live European Tour Golf. The Africa Open. 3.30 USPGA Tour Golf 5.30 Premier League World 6.00 Football League Weekend 7.00 Premier League Preview 7.30 Live Football League. West Bromwich Albion v Nottingham Forest (Kick-off 7.45pm). 10.00 Premier League Preview 10.30 Football League Weekend 11.30 Premier League Preview 12.00 Football League 1.30 World Sport 2.00 Football League Weekend 3.00 Premier League Preview 3.30 Football League 5.00 Football League Weekend

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Aerobics 7.00 WWE: Raw 9.00 Carling Cup Football 10.00 Premier League World 10.30 Powder Adventures 11.00 Show Jumping 12.00 Transworld Sport 1.00 The Rugby Club 2.00 Test Cricket 4.00 Carling Cup Football 5.00 NFL: Total Access 6.00 Powder Adventures 6.30 World Sport 7.00 European Tour Golf 9.00 USPGA Tour Golf 11.00 Live USPGA Tour Golf. The SBS Championship. 3.30 NFL: Total Access 4.30 Premier League Preview 5.00 Powder Adventures 5.30 World Sport

Sky Sports 3

7.30 Netball 10.00 The Rugby Club 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Race World 1.00 Women's Pool 2.00 Powder Adventures 2.30 Sport of Yachting

3.00 WWE: Raw 5.00 Transworld Sport 6.00 Race World 7.00 Tennis 10.00 WWE: Late Night Smackdown 12.00 WWE: Late Night Bottom Line 10.00 Elite League Ice Hockey 3.00 Tight Lines 4.00 Race World 5.00 Sport of Yachting 5.30 Tracking Eero

British Eurosport

7.30 Dakar Rally 8.15 Luge 8.45 WTA Tennis 9.45 ATP Tennis 11.00 Dakar Rally 11.45 Ski Jumping 12.30 Live Ski Jumping. World Cup qualifying from Tauplitz/Bad Mitterndorf in Austria. 1.30 Live Biathlon. World Cup coverage for Oberhof in Germany. 3.00 Live ATP Tennis. The Qatar Open semi-finals. 4.40 Justine Henin Special 4.45 ATP Tennis 6.20 WTA Tennis 7.20 Dakar Rally 7.30 Eurogale Flash 7.40 Strongest Man 8.40 Freeride Spirit Show 8.55 African Cup of Nations Preview 9.10 Ski Jumping 10.00 Dakar Rally 10.45 POKER 11.45 Dakar Rally 12.30 Close

Sky Sports 4

1.30 Netball 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Show Jumping 6.00 Women's Pool 7.00 Tight Lines 8.00 Elite League Ice Hockey 10.00 Tight Lines 11.00 Women's Pool 12.00 Tennis 3.00 Powder Adventures 3.30 World Sport 4.00 Women's Pool 5.00 Tight Lines

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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

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APAA CHARITY SHOPS. Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

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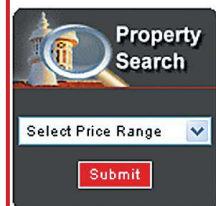
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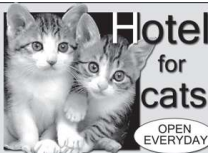
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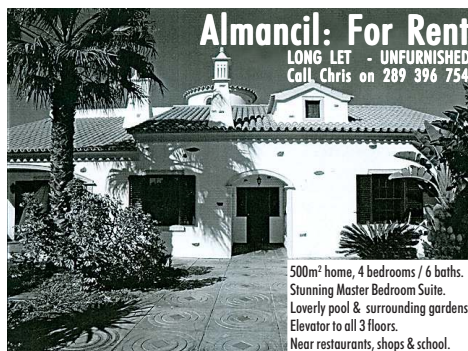
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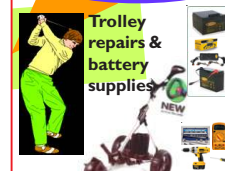
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THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Colours Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs. 4.00pm Ladies Home League Meeting.

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THE DRAIN DOCTOR

Benfica win classic

The Liga Sagres' last round of 2009 ended with an emphatic victory for Benfica in a classic duel against FC Porto. Braga maintained their first place by beating Paços Ferreira and Sporting also managed to squeeze in a victory.

The Braga team guaranteed their first place in Liga Sagres going into the Christmas break with a victory over Paços de Ferreira on Friday night. A goal by Meyong in injury time of the first half was all that was required to beat the weaker Paços de Ferreira side, which was under pressure during most of the match. More opportunities arose during the encounter, but the score remained unchanged in the second half.

Sporting faced Naval on Satur-

day evening, having won all of their previous encounters with the team in Liga matches. Despite playing on a terrible pitch, which was covered with sand, Sporting were able to prevent Naval from scoring during their initial efforts, with several shots proving to be troublesome for the 'lions' defence. Sporting overturned the match and scored the winning goal ten minutes from the half time whistle, and were able to maintain their advantage in the second half. Although Sporting managed to squeeze a victory, the game was of very poor quality and the pitch did not help either.

The classic Benfica vs FC Porto match on Sunday was a fight for the second place of the Liga Sagres

as FC Porto were one point behind Benfica. The Estádio da Luz did not cope too well with the pouring rain, leaving the pitch water logged. The bad weather did not dampen the fans' spirits as the stadium erupted with the entrance of both teams.

The first ten minutes were a bit shaky for Benfica, but as soon as the nerves had settled, the 'reds' were able to dominate the game and create several dangerous efforts, playing with conviction and self-belief. Their defensive game was also very good, as FC Porto struggled to string two passes together.

The fast paced game saw Benfica score after twenty minutes, with David Luiz recovering the ball from a 'blues' counter attack and then placing the ball perfectly to Saviola's feet, who was able to beat Helton.

Benfica slowed down the pace with their goal and FC Porto became more organised towards the end of the first half, carrying through the advantage into the second half, with two great efforts being denied by Quim in minutes 62 and 65.

Noticing his team's physical tiredness, Jorge Jesus made some crucial changes which balanced the game out. His tactical options paid off as the match ended with the 1-0 score. It was the first time Benfica beat FC Porto in their home stadium in four years.

With the Christmas break taking place until January 8th, Braga remain first in the Liga Sagres with 33 points, followed by Benfica (in second place with 33 points), and FC Porto (29 points). Nacional are in fourth and Sporting in fifth.



Benfica's Luisão (R) fights for the ball with FC Porto's Ernesto Farias during their first league soccer match at Luz Stadium in Lisbon last Sunday. (PHoto: Lusa/Miguel A. Lopes)

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